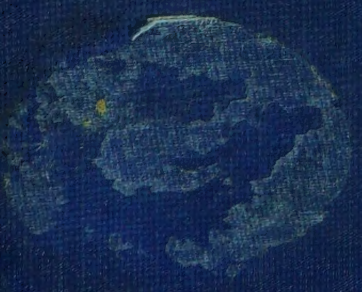

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Food values of p.

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Soups, Vegetables,
Dairy products,
Nutrition.

Food Values

OF

PORTIONS COMMONLY USED

First Edition compiled by

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SEVENTH EDITION

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PREFACE TO THE SEVENTH EDITION

The original purpose of this book was to supply authoritative date on food values in a form for easy reference particularly by students of medicine, dentistry, dental hygiene, public health nursing and nutrition. For these students, information about the values of portions or measures commonly used has been found to be most practical.

For thirteen years various professional groups, many of their patients and an increasing number of homemakers have indicated that the form of expressing food values used in this book makes the comparative study of foods and analysis of diets relatively simple. Encouragement from many professional colleagues and other groups to keep figures up to date has resulted in frequent revisions. Each revision has aimed to analyze the latest available data, consider all requests and suggestions received and, if possible, incorporate them into the next edition.

The changes in this edition are:

1. The food tables have been completely reorganized and rewritten so that this edition can be used interchangeably with the new U. S. Department of Agriculture Handbook No. 8 listed as I under SOURCES OF DATA.
2. Caloric values of foods from all sources have been calculated on the basis of the physiological energy factors outlined in Table I.
3. The number and kinds of foods listed in the various groups have been increased.
4. Data on cooked and frozen foods have been greatly expanded.
5. All prepared foods have been entirely recalculated from up-to-date recipes. THE BASIC COOK BOOK by Heseltine and Dow has been selected as a standard book of reference for recipes and the size of many portions.
6. The latest data on the effects on food values of various methods of cooking and food preservation have been summarized.
7. The section on values of food as purchased has been much enlarged.
8. Supplementary tables have been added on:
   FAMILY FOOD PLANS AT LOW AND MODERATE COST
   SODIUM AND POTASSIUM CONTENT OF FOODS
   CHOLESTEROL CONTENT OF FOODS
   PURINE CONTENT OF COMMON FOODS

All these various types of information have been secured from the most reliable sources available. The author is greatly indebted to many organizations and individuals for permission to use published material. Special acknowledgment is made to the United States Department of Agriculture, the Bureau of Human Nutrition and Home Economics, and the National Research Council. Their publications, especially those issued during the past two years have been the principal sources of data for this edition. Many helpful facts have also been secured from the journals listed under SOURCES OF DATA.

Manufacturers of popular foods have been most helpful in providing their latest data, often securing current analyses of their products. These are identified by the producer's or the trade name under which the food is marketed. Most of these analyses were received during the summer and fall of 1950.

Specific information and courtesies for the present and previous editions by the following individuals are also deeply appreciated: Dr. Henry C. Sherman of Columbia University, Dr. Georgian Adams of the Office of Experiment Stations, Mrs. Bernice K. Watt and Dr. Woot-Tsuen Wu of the Bureau of Human Nutrition and Home Economics, and Dr. Carey D. Miller, of the University of Hawaii.

The author is especially grateful to Helen M. Ellwanger for her generous assistance for many years.

November, 1950

A. de P. B.

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ABBREVIATIONS AND CHEMICAL SYMBOLS

A.P.	As Purchased	oz.	ounce
approx.	approximate	P	phosphorus
av.	average	pc.	piece
C	canned	Pro.	protein
Ca	calcium	R	raw
CHO	carbohydrate	r.	rounded
ch.	chopped	sc.	scant
ck.	cooked	sl.	slice
diam.	diameter	sm.	small
E.P.	Edible Portion	str.	strained
Fe	iron	tbsp	tablespoonful - level
Gm.	gram	tr.	trace
hp.	heaping	tsp.	teaspoonful - level
I.U.	International Unit	wt.	weight
J.	juice	( )	tentative data if used around figures
lg.	large		
mcg.	microgram	-	inadequate data to give a specific figure
med.	medium	0	none
mg.	milligram		

EXPLANATION OF TABLES

The portions or measures selected as the basis of the Tables of Food Values are those frequently served or used in homes, schools, restaurants and hospitals. Allowance should be made for variations in the actual weight of such portions or measures. The weights given are selected as representative or average.

For comparing food values and making substitutions, foods are grouped in classes. The classes are arranged alphabetically, as are the foods within each class.

CALORIES--PROTEIN--FAT--CARBOHYDRATE

The figures for protein, fat and carbohydrate were computed to two decimal places and then rounded to the nearest tenth of a gram. If the values were less than .05 gram this has been indicated by trace (tr.) or (.0). Calories were rounded to the nearest whole number. All calories, including those submitted by manufacturers, were computed by the specific figures listed for each class of foods in Table I.

Data for protein, fat, and carbohydrate were derived or computed from Sources 1, 2, 3, 4, 7, 9, 10 and 11.

MINERALS

The figures for calcium and phosphorus were calculated in milligrams and rounded to the nearest whole number.

The figures for iron were calculated in milligrams to two decimal places, then rounded to the nearest number and expressed in one decimal place unless the iron value was less than .05 mg. This small amount was indicated by tr. or (.0) or two decimal places if that seemed desirable or necessary to state comparative food values more accurately. In general, .05 to .09 mg. was considered .1 mg.

Mineral figures were computed from Sources 1, 2, 3, 4, 7, 9, 10 and 11.

VITAMINS

The recording of vitamin figures in International Units for A and D, in milligrams for ascorbic acid and niacin and in micrograms for thiamine and riboflavin was done to facilitate calculations and to avoid decimals.

Vitamin content has been expressed by an average figure in most foods. A statement of the range reported in the literature gives a better picture of the marked variation in vitamin values in the same food, but complicates the use of the tables. If the vitamin content could not be expressed in figures, the symbol "-" has been used to indicate that the vitamin was known to be present but no definite figure could be given.

Vitamin data were derived or compiled from Sources 1, 2, 4, 6, 9, 10 and 11.

ACID-BASE

Approximate excess acid or base has been expressed for edible portions of food in cubic centimeters of normal solutions. All values stated should be considered subject to change due to much conflicting data in the literature for a single food.

FIBER

Most of the data were calculated from Source I or the manufacturer's analysis.

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1. COMPOSITION OF FOODS-RAW, PROCESSED, PREPARED--Bernice K. Watt, Annabel L. Merrill with the assistance of Martha Louise Orr, Woot-Tsuen Wu and Rebecca Koonce Pecot, 1950. U. S. Department of Agriculture, Agriculture Handbook No. 8.
2. THE COMPOSITION OF MILKS--1950. National Research Council.
3. CANNED FOODS IN HUMAN NUTRITION--E. J. Cameron and J. Russell Esty, 1950. National Canners Association, Washington, D. C.
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5. RESEARCH IN FOODS, HUMAN NUTRITION, AND HOME ECONOMICS AT THE LAND-GRANT INSTITUTIONS, 1948-1949--Christine Justin and Georgian Adams, Office of Experiment Stations, Agricultural Research Administration, U.S. Department of Agriculture.
6. VITAMIN AND MINERAL CONTENT OF CERTAIN FOODS AS AFFECTED BY HOME PREPARATION, Miscellaneous Publication No. 628--1948, U. S. Department of Agriculture, Washington, D. C.
7. FOOD COMPOSITION TABLES FOR INTERNATIONAL USE--Charlotte Chatfield, 1949. Food and Agriculture Organization of the United Nations, Washington, D.C.
8. ENERGY-YIELDING COMPONENTS OF FOOD AND COMPUTATIONS OF CALORIE VALUES--Committee Report, 1947, Food and Agriculture Organization of the United Nations, Washington, D. C.
9. FOOD VALUES OF PORTIONS COMMONLY USED (Hawaii Supplement to Bowes and Church)--Carey D. Miller, Marian Weaver and Stella Okita, 1949. Home Economics Department, University of Hawaii, Honolulu, Territory of Hawaii.
10. NUTRITIONAL DATA--Harold A. Wooster, Jr. and Fred C. Blanck, 1949. (For data on Heinz Products) H. J. Heinz Company, Pittsburgh, Pennsylvania.
11. ANALYSES SUBMITTED SINCE JUNE 1950 by manufacturers of various food products.
12. RECOMMENDED DIETARY ALLOWANCES--1948. National Research Council.
13. Selected Issues of the Following Journals:

    JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION
    JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION
    THE JOURNAL OF NUTRITION
    FOOD RESEARCH
    JOURNAL OF HOME ECONOMICS
    AMERICAN JOURNAL OF PUBLIC HEALTH
    NUTRITION ABSTRACTS AND REVIEWS
    THE JOURNAL OF BIOLOGICAL CHEMISTRY
    NUTRITION REVIEWS

SPECIFIC ENERGY FACTORS FOR CALCULATING CALORIC VALUES OF FOODS TABLE I

Food or Food Group	Physiological Energy Factors to be Applied to the Nutrients in Foods.		
	Protein	Fat	Carbohydrate (by difference)
	Calories per gram	Calories per gram	Calories per gram
Milk, milk products	4.27	8.79	3.87
Meat, fish	4.27	9.02	
Eggs	4.36	9.02	
Separated fats:			
Butter fat		8.79	
Other animal fats		9.02	
Vegetable fats and oils, hydrogenated fats, margarine		8.84	
Cereals:			
Barley, light	3.55	8.37	3.95
Cornmeal, whole ground	2.73	8.37	4.03
Cornmeal, degerminated	3.46	8.37	4.16
Crackers, soda, plain	4.23	8.37	4.12
Macaroni	3.91	8.37	4.12
Noodles (with egg)	3.91	8.84	4.12
Oatmeal, rolled oats	3.55	8.37	4.07
Rice, polished	3.82	8.37	4.16
Rye flour, whole grain	2.41	8.37	3.78
Wheat, 97-100% extraction	3.59	8.37	3.78
Wheat, 85-93% extraction	3.78	8.37	3.95
Wheat, 70-74% extraction	4.05	8.37	4.12
Other cereals, refined	3.87	8.37	4.12
Other foods:			
Dry beans, peas, nuts	3.47	8.37	4.07
Potatoes and starch roots	2.74	8.37	4.03
Other underground crops*	2.74	8.37	3.84
Other vegetables	2.44	8.37	3.57
Fruits	3.36	8.37	3.60
Lemons, lemon juice	3.36	8.37	2.70
Sugar (disaccharide)			3.87
(glucose)			3.68

* Vegetables such as beets, carrots, onions, parsnips, radishes.

RECOMMENDED DAILY DIETARY ALLOWANCES[1]

REVISED 1948

Food and Nutrition Board, National Research Council

	Calories[2]	Protein, gm.	Calcium, gm.	Iron, mg.	Vitamin A,[3] I.U.	Thiamine,[4] mg.	Riboflavin,[4] mg.	Niacin (Nicotinic acid),[4] mg.	Ascorbic acid, mg.	Vitamin D, I.U.
Man (154 lb., 70 kg.)										
Sedentary	2400	70	1.0	12[5]	5000	1.2	1.8	12	75	[6]
Physically active	3000	70	1.0	12[5]	5000	1.5	1.8	15	75	[6]
With heavy work	4500	70	1.0	12[5]	5000	1.8	1.8	18	75	[6]
Woman (123 lb., 56 kg.)										
Sedentary	2000	60	1.0	12	5000	1.0	1.5	10	70	[6]
Moderately active	2400	60	1.0	12	5000	1.2	1.5	12	70	[6]
Very active	3000	60	1.0	12	5000	1.5	1.5	15	70	[6]
Pregnancy (latter half)	2400[7]	85	1.5	15	6000	1.5	2.5	15	100	400
Lactation	3000	100	2.0	15	8000	1.5	3.0	15	150	400
Children up to 12 yrs.[8]										
Under 1 yr.[9]	110/2.2 lb. (1 kg.)	3.5/2.2 lb. (1 kg.)	1.0	6	1500	0.4	0.6	4	30	400
1–3 yrs. (27 lb., 12 kg.)	1200	40	1.0	7	2000	0.6	0.9	6	35	400
4–6 yrs. (42 lb., 19 kg.)	1600	50	1.0	8	2500	0.8	1.2	8	50	400
7–9 yrs. (58 lb., 26 kg.)	2000	60	1.0	10	3500	1.0	1.5	10	60	400
10–12 yrs. (78 lb., 35 kg.)	2500	70	1.2	12	4500	1.2	1.8	12	75	400
Children over 12 yrs.[8]										
Girls, 13–15 yrs. (108 lb., 49 kg.)	2600	80	1.3	15	5000	1.3	2.0	13	80	400
16–20 yrs. (122 lb., 55 kg.)	2400	75	1.0	15	5000	1.2	1.8	12	80	400
Boys, 13–15 yrs. (108 lb., 49 kg.)	3200	85	1.4	15	5000	1.5	2.0	15	90	400
16–20 yrs. (141 lb., 64 kg.)	3800	100	1.4	15	6000	1.7	2.5	17	100	400

[1] Objectives toward which to aim in planning practical dietaries: The recommended allowances can be attained with a good variety of common foods which will also provide other minerals and vitamins for which requirements are less well known.

[2] Calorie allowances must be adjusted up or down to meet specific needs. The calorie values in the table are therefore not applicable to all individuals but rather represent group averages. The proper calorie allowance is that which over an extended period will maintain body weight or rate of growth at the level most conducive to well-being.

[3] The allowance depends on the relative amounts of vitamin A and carotene. The allowances of the table are based on the premise that approximately two-thirds of the vitamin A value of the average diet in this country is contributed by carotene and that carotene has half or less than half the value of vitamin A.

[4] For adults (except pregnant and lactating women) receiving diets supplying 2000 calories or less, such as reducing diets, the allowances of thiamine and niacin may be 1 mg. and 10 mg. respectively. The fact that figures are given for different calorie levels for thiamine and niacin does not imply that we can estimate the requirement of these factors within 500 calories, but they are added merely for simplicity of calculation. In the present revision, riboflavin allowances are based on body weight rather than caloric levels. Other members of the B complex also are required, though no values can be given.

Foods supplying adequate thiamine, riboflavin, and niacin will tend to supply sufficient of the remaining B vitamins.

[5] There is evidence that the male adult needs relatively little iron. The need will usually be provided for if the diet is satisfactory in other respects.

[6] The need for supplemental vitamin D by vigorous adults leading a normal life seems to be minimum. For persons working at night and for nuns and others whose habits shield them from the sunlight, as well as for elderly persons, the ingestion of small amounts of vitamin D is desirable.

[7] During the latter part of pregnancy the calorie allowance should increase to approximately 20 percent above the preceding level. The value of 2400 calories represents the allowance for pregnant, sedentary women.

[8] Allowances for children are based on the needs for the middle year in each group (as 2, 5, 8, etc.) and are for moderate activity and for average weight at the middle year of the age group.

[9] Needs for infants increase from month to month with size and activity. The amounts given are for approximately 6 to 8 months. The dietary requirements for some of the nutrients such as protein and calcium are less if derived largely from human milk.

Further recommendations:

Fat. There is available little information concerning the human requirement for fat. Fat allowances must be based at present more on food habits than on physiological requirements. While a requirement for certain unsaturated fatty acids (the linoleic and arachidonic acids of natural fats) has been amply demonstrated with experimental animals, the human needs for these fatty acids is not known. In spite of the paucity of information on this subject there are several factors which make it desirable (1) that fat be included in the diet to the extent of at least 20 to 25 percent of the total calories and (2) that the fat intake include essential unsaturated fatty acids to the extent of at least 1 percent of the total calories. At higher levels of energy expenditure, e.g., for a very active person consuming 4500 calories and for children and for adolescent persons, it is desirable that 30 to 35 percent of the total calories be derived from fat. Since foodstuffs such as meat, milk, cheese, nuts, etc., contribute fat to the diet, it is necessary to use separated or "visible" fats such as butter, oleomargarine, lard, or shortenings to supply only one-third to one-half the amounts indicated.

Water. A suitable allowance of water for adults is 2.5 liters daily in most instances. An ordinary standard for diverse persons is one milliliter for each calorie of food. Most of this quantity is contained in prepared foods. At work or in hot weather, requirements may reach 5 to 13 liters daily. Water should be allowed *ad libitum*, since sensations of thirst usually serve as adequate guides to intake except for infants and sick persons.

Salt. The needs for salt and for water are closely interrelated. A liberal allowance of sodium chloride for the adult is 5 grams daily, except for some persons who sweat profusely. The average normal intake of salt is 10 to 15 grams daily, an amount which meets the salt requirements for a water intake up to 4 liters daily. When sweating is excessive, one additional gram of salt should be consumed for each liter of water in excess of 4 liters daily. With heavy work or in hot climates 20 to 30 grams daily may be consumed with meals and in drinking water. Even then, most persons do not need more salt than usually occurs in prepared foods. It has been shown that after acclimatization persons produce sweat that contains only about 0.5 gram to the liter in contrast with a content of 2 to 3 grams for sweat of the unacclimatized person. Consequently after acclimatization, need for increase of salt beyond that of ordinary food disappears.

Iodine. The requirement for iodine is small, probably about 0.002 to 0.004 mg. daily for each kilogram of body weight, or a total of 0.15 to 0.30 mg. daily for the adult. This need is met by the regular use of iodized salt; its use is especially important in *adolescence* and *pregnancy*.

Phosphorus. Available evidence indicates that the phosphorus allowances should be at least equal to those for calcium in the diets of children and of women during the latter part of pregnancy and during lactation. In the case of other adults the phosphorus allowances should be approximately 1.5 times those for calcium. In general it is safe to assume that if the calcium and protein needs are met through common foods, the phosphorus requirement also will be covered, because the common foods richest in calcium and protein are also the best sources of phosphorus.

Copper. The requirement for copper for adults is about 1 to 2 mg. daily. Infants and children require approximately 0.05 mg. for each kilogram of body weight. The requirement for copper is approximately one-tenth that for iron. A good diet normally will supply sufficient copper.

Vitamin K. The requirement for vitamin K usually is satisfied by any good diet except for the infant in utero and for the first few days after birth. Supplemental vitamin K is recommended during the last month of pregnancy. When it has not been given in this manner, it is recommended for the mother preceding delivery or for the baby immediately after birth.

Folic Acid. Evidence for recognizing folic acid (pteroylglutamic acid, vitamin B_c, L. casei factor or vitamin M) as an essential human nutrient is presented in the text. The quantitative requirement cannot be closely estimated from evidence now available.

FACTORS WHICH AFFECT FOOD VALUES

The past decade has been outstanding for the varied contributions from many sources to our knowledge of food values. Well coordinated research programs have been carried out in our own country by various branches of the federal government and at the Land-grant institutions in each state and territory. The Nutrition Foundation, representing many food companies, has its excellent channels to make the science of nutrition effective. On a world-wide basis, the Food and Agriculture Organization of the United Nations is deeply concerned and continually active in translating known facts about foods and their values to the health of all people.

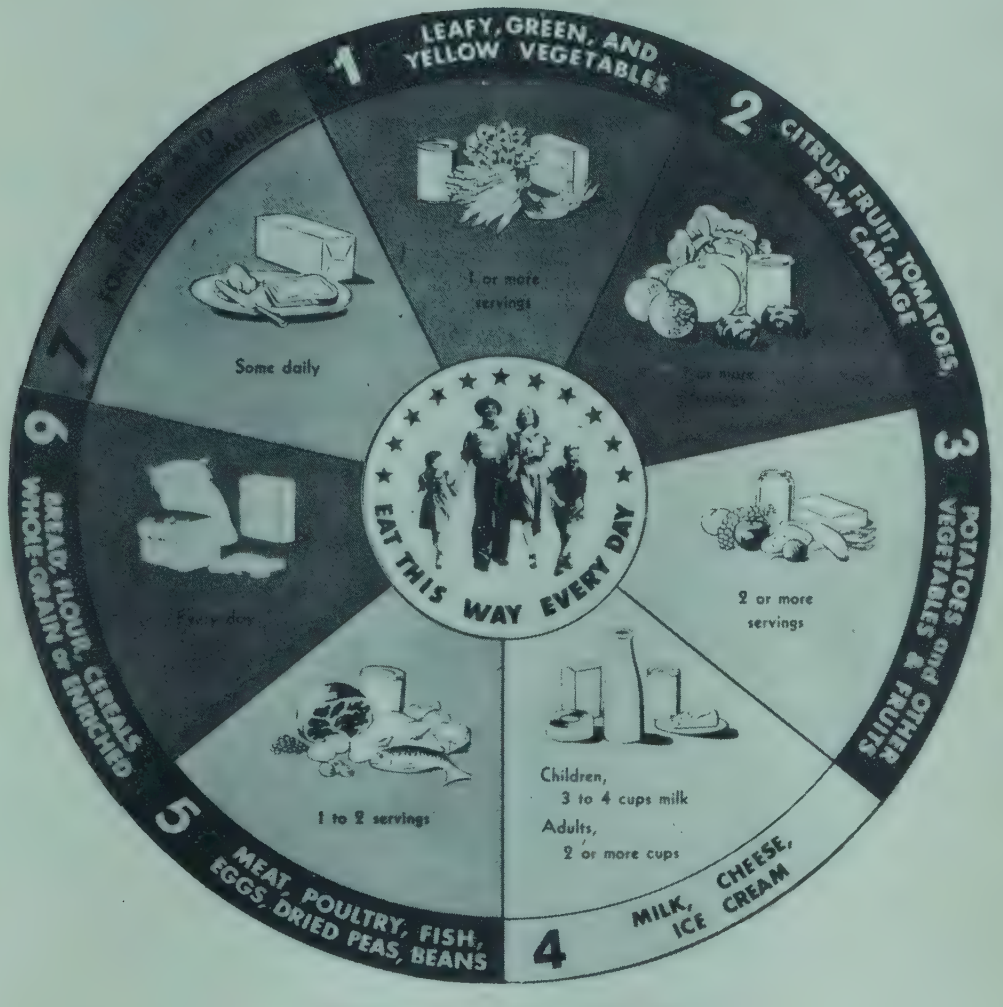
From all these sources enough information has been made available so that the Bureau of Human Nutrition and Home Economics, or the first time in its history, has released extensive data on the values of cooked, canned and frozen foods under the title of COMPOSITION OF FOODS - RAW, PROCESSED, PREPARED. This handbook provides the most authoritative summary available to date on the effects of various processes of food preparation on nutrient values. It has been used as the basis for this edition.

A careful study of this handbook, personal correspondence with the authors and an evaluation of published research studies make certain factors stand out as important contributors to producing or retaining nutrient values in foods at high levels. Some that are significant are summarized.

1. Food values of plants are affected by nutrients in the soil, moisture, sunshine and rate of growth. Foods of animal origin are also by influenced by the diet provided.
2. After growth, degree of maturity, methods of harvesting, handling and storage are important for the retention of nutrients. In general, the sooner the product can be eaten, raw or properly cooked, or preserved by canning or freezing after harvesting, the higher the retention of nutrients.
3. Low temperatures are important in the preservation of food values. The present day use of controlled temperature in air express and refrigerator cars and the use of crushed ice for transporting, storing and displaying food during and after transit all aid the retention of nutrients. Increased numbers and quality of home refrigerators also help to preserve nutrients in fresh or frozen foods.
4. Air and water are factors which can affect food values unfavorably.
5. Avoid crushing and bruising of food.
6. Avoid soaking of vegetables in cold water.
7. Cook as many vegetables as possible in their skins for maximum nutrient retention.
8. Cook for the shortest time possible to make tender. Serve quickly after cooking.
9. If fruits or vegetables are diced, cut or shredded for cooking, salads or fruit cup, serve or cook as quickly as possible. Vitamin loss is rapid when many surfaces are exposed.
10. Always use the water or liquid in which vegetables and fruits have been cooked or canned. Many minerals and vitamins are soluble in water.
11. In the tables which follow nutrient losses for cooking, canning, freezing of fruits and vegetables have been deducted. The amounts of various heat-labile vitamins which were deducted in cooking meats, fish and many other foods or food combinations are indicated in the footnotes for each of these food groups.

NATIONAL FOOD GUIDE

THE BASIC 7 FOOD GROUPS



GUIDE TO GOOD EATING

All kinds of food are good . . . but for health we need variety. Our bodies are made of many materials which must be supplied in the food we eat. We must have foods that yield energy . . . foods that supply the materials for growth and upkeep . . . and foods to keep our bodies in good running order.

You can get all the right kinds of food needed for health by using this simple guide -- the Basic 7. Be sure to include in your meals each day at least the minimum number of servings from each group shown on the chart. And make it a point to provide extra large servings to teen-agers and active adults.

Foods within each group are much alike in food value, so one can replace another and give many choices in each group. A few foods are in more than one group. Though all of the food groups could, and often do, appear in one meal, this is not necessary. It's the total for the day that counts. Be sure one serving of food is not counted twice, even though it is listed in more than one group.

Follow the Basic 7 when you plan your garden and what other foods to produce, what to store, what to can.

Follow the Basic 7 when you eat out.

Make lunches and lunch boxes contribute a share of the day's Basic 7.

U. S. DEPARTMENT OF AGRICULTURE

---

*The above chart is a direct reproduction of the government 'National Food Guide', indicating the Basic 7 Food Groups and their recommended servings.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
BEVERAGES - Some Common																		
Carbonated, average	170	1 bottle, 6 oz.	78	-	-	20.4												0
Coca-Cola	170	1 bottle, 6 oz.	78	-	-	20.4												0
Gingerale	170	1 glass, 6 oz.	60	-	-	15.3												0
Gingerale	230	1 glass, 8 oz.	80	-	-	20.7												0
Pepsi-Cola	230	1 glass, 8 oz.	106	-	-	27.6												0
Chocolate, all milk	220	1 cup*, 6 oz. milk	208	6.8	7.5	31.6	222	204	.5	295	76	318	.2	2	4		3.7	.1
Chocolate, half milk	220	1 cup*, 3 oz. milk	146	3.6	3.9	27.1	114	119	.4	148	38	162	.1	1	2		1.8	.1
Chocolate, no milk	235	1 cup*, 1 tbsp. whipped cream	136	.7	5.8	23.9	18	43	.3	222	2	27	(0)	(0)	0			.1
Chocolate milk shake	345	1 regular, 8 oz. milk	421	11.2	17.8	58.0	363	320	.9	687	120	547	.5	4	5		4.0	.3
Chocolate malted milk shake	365	1 regular, 8 oz. milk	502	13.1	19.5	72.1	420	396	1.3	891	186	655	.5	4	5		4.0	.3
Cider, sweet	187	1 glass, 6 oz.	94	.2	0	25.8	11	19	.9	75	37	56	tr.	2	0		(2.0)	tr.
Cider, sweet	249	1 glass, 8 oz.	124	.2	0	34.4	15	25	1.2	90	50	70	tr.	2	0		(2.5)	tr.
Cocoa, all milk	200	1 cup*, 6 oz. milk	174	6.9	8.5	20.3	224	213	.9	295	80	334	.3	2	4		3.7	.3
Cocoa, half milk	200	1 cup*, 3 oz. milk	112	3.7	4.9	15.8	116	128	.8	148	43	178	.2	1	2		1.8	.3
Cocomalt, all milk	272	1 lg. glass, 8 oz. milk	280	12.5	10.8	33.5	338	377	5.2	1190	310	420	.3	3	139		5.0	tr.
Coconut milk	244	1 lg. glass, 8 oz.	60	.7	1.0	12.0	58	70	.2	0	tr.	tr.	.2	4	0			0
Coffee, clear		1 cup*	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)								0
Eggnog, all milk	245	1 glass, 6 oz. milk	233	12.5	12.6	17.7	242	271	1.5	843	123	451	.2	2	30	4.0		0
Eggnog, all milk	310	1 glass, 8 oz. milk	391	14.6	15.0	24.7	314	328	1.5	940	140	560	.3	3	31	2.8		0
Fruit Juices, See Pages 32-34																		
Lemonade	294	1 lg. glass, 1 oz. lemon juice	104	.2	.0	27.2	4	4	tr.	0	20	tr.	tr.	15	0		1.0	tr.
ˣMeritene, (1 oz.) in milk	272	1 lg. glass, 8 oz. milk	265	16.7	9.6	27.4	551	454	4.2	1893	642	1639	6.5	27	155		(7.0)	tr.
Milk, buttermilk	244	1/2 pint, 8 oz.	86	8.5	.2	12.4	288	227	.2	10	90	430	.3	3	(0)		4.9	0
Milk, chocolate	250	1/2 pint, 8 oz.	185	8.0	5.5	26.5	272	228	.2	230	80	400	.2	2	(0)		4.9	tr.
†Milk, fat free, fortified	246	1/2 pint, 8 oz.	87	8.6	.2	12.5	303	239	.2	500	90	440	.3	3	100		4.9	0
Milk, fat free or skim	246	1/2 pint, 8 oz.	87	8.6	.2	12.5	303	239	.2	10	90	440	.3	3	0		4.9	0
Milk, whole	244	1/2 pint, 8 oz.	166	8.5	9.5	12.0	288	227	.2	390	90	420	.3	3	5		4.9	tr.
Ovaltine, chocolate	266	1 glass, 8 oz. whole milk	248	10.7	10.3	28.8	373	312	4.0	1065	391	671	2.3	10	139		(4.9)	tr.
Ovaltine, plain	259	1 glass, 8 oz. whole milk	221	10.7	10.3	21.7	373	312	4.0	1065	391	671	2.3	10	139		(4.9)	
Postum, Instant, clear	185	1 cup*, (2 r. tbsp. postum)	34	.6	tr.	8.4	10	87	.3									0
ˣProtenum, (1 oz.) in milk	272	1 glass, 8 oz. milk	271	20.5	10.1	25.0	628	482	.2	390	90	420	.3	3	5		8.1	0
Soda, ice cream, chocolate		1 regular, (vanilla ice cream)	255	2.7	8.3	46.0	75	93	.7	297	30	127	.2	1	(0)			.1
Soda, ice cream, vanilla		1 regular	261	2.3	7.1	48.7	69	56	.1	295	24	106	.1	1	(0)			0
Tea, clear		1 cup*	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)					0			0

*Average serving cup - not the standard measuring cup.

ˣLow fat dietary supplements easily available.

†Fat free or non-fat fortified milk is widely available in many areas of Pennsylvania. Other measures for this milk are listed under Dairy Products and in the Values for One Pound.

Note: Whole milk was used in beverages listed that contain milk. If skim milk were used, fat, calories, vitamins A and D would be lower by the differences in these essentials in the type of milk used.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Alcohol gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
BEVERAGES - Some Common Alcoholic																		
Ale, mild	230	1 large glass, 8 oz.	100	1.1	8.9*	8.0	30	41	.2	(0)	tr.	(69)	(.5)	0	0			
Ale, mild	345	1 bottle, 12 oz.	148	1.7	13.1*	12.0	45	62	.3	(0)	tr.	(102)	(.7)	0	0			
Beer, average	240	1 large glass, 8 oz.	114	1.4	8.9*	10.6	10	62	.0	(0)	tr.	72	.5	0	0			
Beer, average	360	1 bottle, 12 oz.	173	2.2	13.3*	15.8	14	94	.0	(0)	tr.	108	.7	0	0			
Brandy, California	30	1 brandy glass	75		10.5*													
Brandy, cognac	30	1 brandy glass	75		10.5*													
Cider, fermented	180	1 glass, 6 oz.	73		9.4*	1.8												
Cordials, liquers as																		
Anisette	20	1 cordial glass	75		7.0*	7.0												
Apricot brandy	20	1 cordial glass	65		6.0*	6.0												
Benedictine	20	1 cordial glass	70		6.6*	6.6												
Creme de menthe	20	1 cordial glass	68		6.0*	7.0												
Curacao	20	1 cordial glass	55		6.0*	4.0												
Daiquiri		1 cocktail	124	.1	15.1*	5.2	4	3	.1		14	1	tr.	8	0			
Egg Nog, Christmas type	123	1 punch cup	338	3.9	15.0*	18.0	44	74	.7	84	35	113	tr.	tr.	21	2.5		
Gin, dry	43	1 jigger, 1-1/2 oz.	107		15.1*													
Gin Rickey		1 glass	153	tr.	21.0*	1.3	2	1	tr.		7	tr.	tr.	4	0			
High Ball		1 glass	170		24.0*													
Manhattan		1 cocktail	167	tr.	19.2*	7.9	1	1	tr.	35	3	2	tr.	(0)	0			
Martini		1 cocktail	143	.1	18.5*	.3	5	1	.1	4	tr.	tr.	tr.	(0)	0			
Mint Julep		1 glass	217		29.2*	2.7												
Old Fashioned		1 glass	183		24.0*	3.5												
Planter's Punch		1 glass	177	.1	21.5*	7.9	4	3	.1		14	1	tr.	8	0			
Rum	43	1 jigger, 1-1/2 oz.	107		15.1*													
Rum Sour		1 glass	163	.2	21.0*	3.7	4	4	tr.		20	tr.	tr.	14	0			
Tom Collins		1 cocktail	182	.3	21.5*	9.0	6	6	tr.	0	30	tr.	tr.	21	0			
Whiskey, rye	43	1 jigger, 1-1/2 oz.	122		17.2*													
Whiskey, Scotch	43	1 jigger, 1-1/2 oz.	107		15.1*													
Wine, California, red	100	1 wine glass	73	.2	10.0*	.5												
Wine, California, sauterne	100	1 wine glass	85	.2	10.5*	4.0												
Wine, champagne, domestic	100	1 wine glass	85	.2	11.0*	3.0												
Wine, muscatelle, or port	100	1 wine glass	160	.2	15.0*	14.0												
Wine, vermouth, French	100	1 wine glass	108		15.0*	1.0												
Wine, vermouth, Italian	100	1 wine glass	170		18.0*	12.0												

*Grams of alcohol.

Note: Data on alcoholic beverages have been enlarged by request from many people to include some popular cocktails. The recipes used for these mixed drinks were taken from published regulation ones for bar tenders. There may be many deviations from the standard recipes. In computing the calories it was assumed that energy from alcohol is available. It was computed on the basis of 7.1 calories per gram of alcohol.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
BREADS - Yeast and Others																		
Bread, banana tea	49	1 slice, 3-1/2" x 3-3/8" x 3/8"	134	2.4	3.9	22.8	8	30	.6	273	61	61	.5	(0)	3	1.1		.1
Bread, Boston brown	35	1 slice, 3" diam. x 1/2"	71	1.7	.7	14.5	64	41	1.3	34	74	69	.5	0			2.0	.2
Bread, Boston brown	44	1 slice, 3" diam. x 3/4"	89	2.2	.8	18.2	80	51	1.6	42	92	86	.7	0			2.5	.3
Bread, bran, raisin	48	1 slice, 3/4" thick	148	3.8	4.2	27.2	44	118	1.6	182	76	90	1.4	0			1.0	.5
Bread, corn, spoon	96	1 serving (4 from 1/2 c. meal)	199	8.7	10.9	17.0	159	202	1.1	660	107	296	.4	(0)	15	1.4		tr.
Bread, corn, southern	45	1 piece, 2" square	139	3.2	4.3	21.6	29	48	.7	229	90	102	.7	(0)	2	.5		tr.
Bread, cracked wheat																		
Flour enriched	23	1 slice, plain	60	2.0	.5	11.8	19	29	.5	0	60	40	.6	0	0	1.0		.1
Flour enriched		1 slice, toasted	60	2.0	.5	11.8	19	29	.5	0	50	40	.6	0	0	1.0		.1
Flour not enriched	23	1 slice, plain	60	2.0	.5	11.8	19	29	.2	0	30	20	.3	0	0	1.0		.1
Flour not enriched		1 slice, toasted	60	2.0	.5	11.8	19	29	.2	0	20	20	.3	0	0	1.0		.1
Bread, French or Vienna																		
Flour enriched	20	1 slice, average	54	1.6	.5	10.4	5	14	.4	0	48	30	.4	0	0	1.0		tr.
Flour not enriched	20	1 slice, average	54	1.6	.5	10.4	5	14	.1	0	10	12	.2	0	0	1.0		tr.
Bread, Italian																		
Flour enriched	20	1 piece, small	53	1.7	.2	10.7	3	15	.4	0	48	30	.4	0	0	1.0		tr.
Flour not enriched	20	1 piece, small	53	1.7	.2	10.7	3	15	.1	0	10	14	.2	0	0	1.0		tr.
Bread, raisin																		
Flour enriched	23	1 slice, plain	65	1.6	.7	13.3	18	24	.4	tr.	60	40	.5	(0)	0	.8		tr.
Flour enriched		1 slice, toasted	65	1.6	.7	13.3	18	24	.4	tr.	40	40	.5	(0)	0	.8		tr.
Flour not enriched	23	1 slice, plain	65	1.6	.7	13.3	18	24	.3	tr.	20	20	.2	(0)	0	.8		tr.
Flour not enriched		1 slice, toasted	65	1.6	.7	13.3	18	24	.3	tr.	10	20	.2	(0)	0	.8		tr.
Bread, Roman Meal	27.5	1 slice, plain	69	2.6	.9	13.7	21	49	.6	0	28	50	.5	0	0	1.4		.4
Bread, rye, American	23	1 slice, plain	57	2.1	.3	12.1	17	34	.4	0	40	20	.4	(0)	0	1.2		.1
Bread, rye, American		1 slice, toasted	57	2.1	.3	12.1	17	34	.4	0	30	20	.4	(0)	0	1.2		.1
Bread, rye, dark[x]	32	1 oval sl., 4-3/4" x 3-1/2" x 3/8"	71	2.1	.4	15.9	(20)	(40)	.5	(0)	61	20	.4	0	0	1.6		.4
Bread, rye, party	15	1 oval sl., 3" x 2" x 1/2"	37	1.4	.2	7.9	11	22	.2	(0)	27	12	.2	0	0	.8		tr.
Bread, white, enriched*	23	1 slice, plain, average	63	2.0	.7	11.9	18	21	.4	0	60	40	.5	0	0	(0)		tr.
Bread, white, enriched*		1 slice, toasted	63	2.0	.7	11.9	18	21	.4	0	40	40	.5	0	0	(0)		tr.
Flour not enriched*	23	1 slice, plain	63	2.0	.7	11.9	18	21	.1	0	10	20	.2	0	0	(0)		tr.
Bread, whole wheat	23	1 slice, plain	55	2.1	.6	11.3	22	60	.5	0	70	30	.7	0	0	1.4		.3
Bread, whole wheat		1 slice, toasted	55	2.1	.6	11.3	22	60	.5	0	50	30	.7	0	0	1.4		.3
Bread crumbs, dry	88	1 cup, grated	339	10.5	4.0	63.8	98	114	2.3	0	240	190	2.7	0	0	(0)		.2
Bread filling or stuffing	95	1/2 cup, (margarine used)	233	4.6	11.2	28.5	48	56	1.1	392	133	88	1.2	(1)	0		.5	.3

[x] Pumpernickel bread. Weight of slices varies with size of loaf and basic ingredients.

*Values based on use of 4 percent nonfat milk solids.

Note: The iron, thiamine, riboflavin and niacin values for enriched bread are based on the minimum level of enrichment specified in the standards of identity of breads proposed by the Federal Security Agency and published in the Federal Register, August 3, 1943.

The increased use of milk solids, various enrichment and mold inhibiting factors have altered the acid-base values of bread.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
BREADS - Biscuits, Muffins, Rolls																		
Biscuit, baking powder	35	1 av., 2" diam., 2 small.	109	2.4	4.1	14.9	19	29	.5	20	86	70	.6	0	0	1.3		tr.
Bun, cinnamon, plain	50	1 average	158	3.1	4.8	25.6	27	39	.9	205	85	87	.8	0	2	1.9		.1
Bun, cinnamon, with raisins	60	1 average	183	3.3	4.8	32.7	35	52	1.2	210	100	95	.9	0	2	.4		.3
Bun, hot cross	35	1 average	120	2.6	3.2	20.0	19	33	.6	139	82	79	.6	0	1	1.8		.1
Coffee cake, iced	70	1 small, 4-1/2" diam.	196	3.9	6.1	31.6	25	48	.8	214	103	105	.7	0	4	2.6		tr.
Coffee cake, iced, and nuts	80	1 small, 4-1/2" diam.	245	5.0	10.9	32.8	31	76	1.0	214	134	115	.8	0	4	3.0		.1
Corn stick	43	1 average, 5" long	128	3.1	4.3	18.8	30	47	.7	220	85	100	.6	0	3	.6		.1
Danish pastry	35	1 small	139	2.6	6.2	17.8	19	33	.6	139	77	79	.5	0	1	1.8		.1
Doughnut, cake type, plain	32	1 average	135	2.2	6.5	17.5	12	26	.6	41	72	63	.5	tr.	1	1.6		tr.
Sugared or iced	37	1 average	151	2.2	6.5	21.7	12	26	.6	41	72	63	.5	tr.	1	1.6		tr.
Doughnut, raised or yeast	30	1 average	121	1.9	6.6	13.6	15	23	.4	67	65	54	.5	tr.	tr.	1.2		tr.
With jelly center	65	1 average	226	3.4	8.8	30.0	28	42	.8	121	116	99	.9	tr.	tr.	2.3		tr.
Muffin, bran	35	1 medium	106	2.9	4.3	15.3	32	77	.7	193	71	86	.8	0	3	1.4		.1
Muffin, cornmeal	45	1 medium	128	3.1	4.3	18.8	30	47	.7	220	85	100	.6	0	3	.6		.1
Muffin, soya*	40	1 av., 12 from 2 c. flour	119	3.9	4.4	16.7	35	56	.9	196	85	95	.5	0	3	1.0		tr.
Muffin, white flour	40	1 av., 12 from 2 c. flour	120	3.2	4.3	17.1	30	44	.7	193	78	95	.6	0	3	1.7		tr.
Muffin, whole wheat	40	1 av., 12 from 2 c. flour	120	3.4	4.3	17.1	33	66	.7	193	88	85	.5	0	3	1.5		.2
Pancake, buckwheat[X]	45	1 av., 4" diam.	64	2.5	1.4	10.5	97	141	.5	49	55	61	.5	0	tr.			tr.
Pancake, cornmeal	48	1 av., 4" diam.	68	2.3	1.3	11.4	23	36	.5	95	54	72	.4	0	3	1.6		.1
Pancake, Southern	45	1 av., 4" diam.	68	2.6	2.2	10.0	33	63	.4	162	50	70	.3	0	3	.6		.2
Pancake, soya*	45	1 av., 4" diam.	68	2.9	1.9	10.2	26	42	.6	90	74	71	.4	0	tr.	1.0		tr.
Pancake, white flour	45	1 av., 4" diam.	74	2.4	2.4	10.4	24	35	.5	127	50	69	.4	0	3	1.2		tr.
Pancake, various flours, Mix[X]	45	1 av., 4" diam.	62	2.3	1.2	10.7	96	129	.3	44	30	53	.2	0	tr.			tr.
Popover	50	1 average	90	4.0	2.7	12.0	45	66	.7	186	72	124	.5	0	7	2.1		tr.
Roll, white, hard	35	1 av., no milk or butter	95	2.8	.9	18.2	8	25	.6	(0)	84	53	.8	0	0	.9		tr.
Roll, white, pan	38	1 av., commercial	118	3.4	2.1	20.9	21	36	.7	0	90	60	.8	0	0	1.0		tr.
Roll, white, soft	35	1 cloverleaf	122	3.1	2.9	20.5	28	39	.7	109	107	95	.8	0	0	1.6		tr.
Roll, white, soft	30	1 Parkerhouse	81	2.1	1.6	13.6	19	26	.5	73	72	64	.5	0	0	1.1		tr.
Roll, white, sweet	55	1 av., commercial	178	4.7	4.3	29.6	35	57	.3	0	30	70	.6	0	0	1.2		tr.
Roll, whole wheat	35	1 av., no milk or butter	98	2.8	1.8	18.1	67	54	.7	0	114	42	.9	0	0	1.9		.5
Waffle, plain, average	73	1 waffle, 5-1/2" diam.	232	5.1	14.0	21.4	59	79	.9	178	122	159	.8	tr.	tr.	2.3		tr.

*Used 1/4 as much soya as white flour in pancakes and soya muffins.

[X]Used Aunt Jemima Mixes and whole milk in amounts as directed on package. Figures are on basis of 20 pancakes from 2 cups of Mix. No deductions for vitamin losses were made in pancakes and waffles because of inadequate facts on such losses for short cooking.

Note: Enriched, all-purpose white flour was used in all recipes for foods listed on this page. Losses of 15 percent for thiamine and 10 percent for niacin were made on the baked foods listed on this page.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
CEREALS AND CEREAL PRODUCTS																		
*Barley, pearled, light	28.35	1 oz., 2 tablespoons	99	2.3	.3	22.3	5	53	.6	(0)	34	23	.9	0	0	4.3		.1
*Barley, pearled, light	100	1/2 cup	349	8.2	1.0	78.8	16	189	2.0	(0)	120	80	3.1	0	0	15.0		.5
*Barley, whole	28.35	1 oz., 2 tablespoons	99	3.6	.6	20.6	21	106	1.4	20	153	34	2.2	0	0			.8
*Barley, whole	100	1/2 cup, scant	351	12.8	2.1	72.8	75	373	5.1	70	540	120	7.8	0	0			2.7
Bran, All, Kellogg's	28.35	1/2 cup	89	3.7	.8	18.2	29	370	3.3	(0)	110	131	6.0	0	400	1.1		2.4
Bran Flakes, 40%, Kellogg's	28.35	3/4 cup	97	3.0	.6	21.4	16	184	1.1	(0)	110	74	2.4	0	0			1.2
Bran Flakes, 40%, Post's	28.35	3/4 cup	97	2.8	.5	22.0	-	110	1.0	(0)	130	-	1.5	0	0			1.0
*Cerevim	28.35	1 oz., 10 tablespoons	101	5.4	.4	18.7	30	14	7.2	(0)	598	1154	6.0	0	0			.6
Cheerios	28.35	1-1/8 cups	104	4.2	2.0	19.6	45	100	1.2	(0)	220	40	.5	0	0			.4
Corn Flakes, Kellogg's	28.35	1 oz., 1-1/3 cups	109	2.2	.1	24.5	1	11	.5	(0)	120	33	.6	0	0	.6		.1
Corn grits, degermed																		
Enriched, cooked	242	1 cup	122	2.9	.2	26.6	2	24	.7	100[x]	110	80	1.0	0	0			.2
Enriched, dry	160	1 cup	579	13.9	1.3	125.0	6	117	4.6	480[x]	710	420	5.6	0	0			.6
Not enriched, cooked	242	1 cup	122	2.9	.2	26.6	2	24	.2	100[x]	40	10	.4	0	0			.2
Not enriched, dry	160	1 cup	579	13.9	1.3	125.0	6	117	1.6	480[x]	210	60	1.8	0	0			.6
[x]Cornmeal, yellow, degermed																		
Enriched, cooked	238	1 cup	119	2.6	.5	25.5	2	33	1.0	100	140	90	1.1	0	0			.2
Enriched, dry	28.35	3/4 cup cooked	104	2.2	.3	22.2	2	28	.8	85	125	74	1.0	0	0			.2
Enriched, dry	100	2/3 cup	363	7.9	1.2	78.4	6	99	2.9	300	440	260	3.5	0	0			.6
Not enriched, cooked	238	1 cup	119	2.6	.5	25.5	2	33	.5	100	40	20	.3	0	0			.2
Not enriched, dry	28.35	3/4 cup cooked	104	2.2	.3	22.2	2	28	.3	85	40	14	.3	0	0	1.8		.2
Not enriched, dry	100	2/3 cup	363	7.9	1.2	78.4	6	99	1.1	300	140	50	1.0	0	0	6.5		.6
[x]Cornmeal, yellow, whole ground																		.3
Bolted, dry	28.35	3/4 cup cooked	103	2.6	1.0	21.1	2	50	.5	125	85	23	.5	0	0			.3
Bolted, dry	100	2/3 cup	362	9.0	3.4	74.5	6	178	1.8	440	300	80	1.9	0	0			1.0
Not bolted, dry	28.35	3/4 cup cooked	101	2.6	1.4	20.9	3	73	.8	145	108	31	.6	0	0			.5
Not bolted, dry	100	2/3 cup	355	9.2	3.9	73.7	10	256	2.4	510	380	110	2.0	0	0			1.6
Corn-Soya Shreds	28.35	1 oz., 2/3 cup	105	5.1	.1	21.0	19	52	1.8	(0)	189	64	.6	0	0			.3
*Cream of Wheat, 5 Minute	28.35	3/4 cup cooked	100	3.4	.3	20.7	143	160	12.0	0	150	34	.4	0	0			.1
*Cream of Wheat, regular	28.35	3/4 cup cooked	102	3.5	.3	21.7	10	30	1.1	0	17	17	.2	0	0			.1
*Farina, Quaker, enriched	28.35	3/4 cup cooked	103	2.9	.1	21.8	125	32	1.5	0	125	77	1.0	0	400			.1
*Gerber's Barley Cereal	28.35	1 oz., 13 tablespoons	107	3.8	1.0	20.7	137	239	19.6	0	570	170	2.9	0	0			.3
*Gerber's Barley Cereal	7.1	3 tablespoons	27	1.0	.3	5.2	34	60	4.9	0	140	40	.7	0	0			.1
*Gerber's Cereal Food	28.35	1 oz., 11 tablespoons	108	4.4	1.1	20.2	153	251	17.6	0	570	160	2.1	0	0			.3

*Dry weight before cooking.

[x]Vitamin A values are based on yellow corn grits. White corn grits have only a trace of vitamin A. For white cornmeal, degermed or whole ground, use the same figures as for yellow varieties except for vitamin A. White cornmeal has only a trace of vitamin A.

Note: A serving of cereal varies with individuals at different age and activity levels. A common serving is 1 ounce.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
CEREALS AND CEREAL PRODUCTS - Continued																		
*Gerber's Cereal Food	7.1	3 tablespoons	27	1.1	.3	5.1	38	63	4.4	0	140	40	.5	0	0			.1
*Gerber's Strained Oatmeal	28.35	1 oz., 13 tablespoons	111	4.6	2.2	18.2	141	248	15.3	0	570	140	1.4	0	0			.3
*Gerbers's Strained Oatmeal	7.1	3 tablespoons	28	1.2	.6	4.6	35	62	3.8	0	140	40	.4	0	0			.1
Grape-Nuts	28.35	1 oz., 1/4 cup	100	2.8	.2	23.0	-	-	1.0	(0)	130	-	-	0	0			.5
Grape-Nuts Flakes	28.35	1 oz., 1 cup	100	2.7	.4	22.0	-	-		(0)	130	-	-	0	0			.4
Hominy - See Corn Grits																		
Kix	28.35	1 oz., 1-1/8 cups	110	2.3	1.0	23.0	3	23	1.2	(0)	150	20	.6	0	0			.2
Krumbles, Kellogg's	28.35	1 oz., 3/4 cup	105	2.4	.3	23.3	13	86	1.5	(0)	10	54	1.4	0	0			.6
*Macaroni, enriched, dry	28.35	1 oz., 2/3 cup cooked	107	3.6	.4	21.7	6	48	.8	(0)	249	105	1.7	0	0			.1
Enriched, dry	110	1 cup, 1" pieces	415	14.1	1.5	84.2	24	182	3.2	(0)	970	410	6.5	0	0			.4
Enriched, cooked	140	1 cup, 1" pcs. or elbow type	209	7.1	.8	42.3	13	91	1.5	(0)	240	150	2.0	0	0			.3
Not enriched, dry	28.35	1 oz., 2/3 cup cooked	107	3.6	.4	21.7	6	48	.4	(0)	26	17	.6	0	0	3.4		.1
Not enriched, dry	110	1 cup, 1" pieces	415	14.1	1.5	84.2	24	182	1.6	(0)	100	70	2.2	0	0	12.1		.4
Not enriched, cooked	140	1 cup, 1" pcs. or elbow type	209	7.1	.8	42.3	13	91	.8	(0)	30	20	.7	0	0	6.1		.3
Macaroni & Cheese, baked	225	1 cup	366	15.3	19.9	31.4	355	303	1.2	818	96	355	.9	tr.	2	2.1		.2
*Maltex	28.35	2/3 cup cooked	108	4.7	.5	21.7	15	77	1.1	(0)	142	43	.1	(0)	0			-
*Malt-o-Meal	28.35	3/4 cup cooked	102	2.7	.2	22.3	-	-	1.3	(0)	200	79	.7	0	0			.3
Muffets	24	1 average	86	2.4	.6	19.2	11	86	.8	(0)	50	30	1.1	0	0			.6
*Noodles, egg, enriched	28.35	1 oz., 3/8 cup, dry	108	3.6	.9	21.0	6	56	.8	57	249	105	1.7	0	0			.1
Enriched, dry	73	1 cup, 1-1/2" strips	278	9.2	2.5	53.4	16	145	2.1	140	640	270	4.3	0	0			.3
Enriched, cooked	160	1 cup, 1-1/2" strips	107	3.5	1.0	20.5	6	56	.8	60	220	100	1.7	0	0			.2
Not enriched, dry	28.35	1 oz., 3/8 cup	108	3.6	.9	21.0	6	56	.6	57	57	31	.7	0	0			.1
Not enriched, dry	73	1 cup, 1-1/2" strips	278	9.2	2.5	53.4	16	145	1.5	140	150	80	1.7	0	0			.3
Not enriched, cooked	160	1 cup, 1-1/2" strips	107	3.5	1.0	20.5	6	56	.6	60	50	30	.6	0	0			.2
*Oats, rolled or oatmeal																		
Dry	28.35	1 oz., 1/3 cup	111	4.0	2.1	19.3	15	115	1.3	(0)	170	40	.3	0	0	3.7		.3
Dry	80	1 cup	312	11.4	5.9	54.6	42	324	3.6	(0)	480	110	.8	0	0	10.3		1.0
Cooked	236	1 cup	148	5.4	2.8	26.0	21	158	1.7	(0)	220	50	.4	0	0	6.1		.5
*Pabena	28.35	3/4 cup, 12 tbsp.	100	4.0	.6	19.8	227	210	8.5	(0)	300	-	-	0	0	.3		.4
*Pablum	28.35	3/4 cup, 12 tbsp.	105	4.3	.9	19.8	221	184	8.5	(0)	300	100	-	0	0		1.4	.3
*Pep, Kellogg's	28.35	1 oz., 1 cup	107	2.8	.5	22.7	13	88	1.0	(0)	250	54	1.9	0	400			.6
*Pettijohn's Wheat	28.35	1 oz., 2/3 cup cooked	99	2.6	.6	21.2	10	105	.9	(0)	116	28	1.2	0	0			.6
Popcorn, popped	14	1 cup	54	1.8	.7	10.7	(2)	(39)	(.4)	(0)	(50)	(20)	(.3)	0	0			.3
Post Toasties	28.35	2/3 - 3/4 cup cooked	100	2.1	.1	24.0	-	-	.4	(0)	110	-	.5	0	0			.2

*Dry weight before cooking.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
CEREALS AND CEREAL PRODUCTS - Continued																		
*Ralston, Hot or Instant	28.35	2/3 - 3/4 cup cooked	100	3.5	.6	20.1	14	113	8.5	(0)	425	45	1.5	0	0	3.3		.5
Ralston, Shredded	28.35	1/2 c. or 47 sm. pieces	105	2.6	.4	22.8	14	99	.9	(0)	50	50	1.4	0	0	3.3		.6
*Rice, brown	28.35	1 oz., 3/4 cup cooked	102	2.1	.5	22.0	11	86	.6	(0)	91	14	1.3	0	0			.2
*Rice, converted	28.35	1 oz., 3/4 cup cooked	103	2.1	.1	22.5	7	39	.2	(0)	57	8	1.1	0	0			.1
Rice, polishings	10	2 tbsp.	(37)	1.2	1.4	5.0	6	65	1.7	(0)	233	18	3.8	0	0			.3
*Rice, white, milled	28.35	1 oz., 3/4 cup cooked	103	2.1	.1	22.5	7	39	.2	(0)	20	8	.5	0	0	2.2		.1
*Rice, white, milled	191	1 cup	692	14.5	.6	151.7	46	260	1.5	(0)	130	50	3.1	0	0	14.5		.4
Rice, white, cooked	168	1 cup	201	4.2	.2	44.0	13	76	.5	(0)	20	10	.7	0	0	3.6		.1
*Rice, white, precooked	28.35	1 oz., 2/3 cup cooked	108	2.5	.6	23.6	6	19	.2	(0)	6	6	tr.	0	0			.1
*Rice, wild, parched	28.35	1 oz., 2/3 cup cooked	103	4.0	.2	21.3	5	96	-	(0)	13	18	-	0	0			.3
Rice, Flakes, Quaker	28.35	1 cup	109	1.8	.3	23.9	9	48	.7	(0)	102	14	1.3	0	0			.3
Rice, Krispies, Kellogg's	28.35	1 cup	108	1.9	.1	24.9	7	32	.5	(0)	110	35	2.0	0	0			.1
Rice, Puffed, Quaker	28.35	1 cup	107	1.8	.1	24.7	4	29	.6	(0)	156	11	1.5	0	0			.2
Not enriched	28.35	1 cup	111	1.7	.2	24.8	6	33	.5	(0)	22	22	.3	0	0			.1
Spaghetti, enriched	28.35	1 oz., 2/3 cup cooked	107	3.6	.4	21.7	6	48	.8	(0)	249	105	1.7	0	0			.1
Enriched, dry	94	1 cup	354	12.0	1.3	71.9	21	155	2.7	(0)	830	350	5.6	0	0			.4
Enriched, cooked	146	1 cup	218	7.4	.9	44.1	13	95	1.6	(0)	250	150	2.1	0	0			.3
Not enriched, dry	28.35	1 oz., 2/3 cup cooked	107	3.6	.4	21.7	6	48	.4	(0)	26	17	.6	0	0	3.4		.1
Not enriched, dry	94	1 cup	354	12.0	1.3	71.9	21	155	1.4	(0)	90	60	1.9	0	0	12.1		.4
Not enriched, cooked	146	1 cup	218	7.4	.9	44.1	13	95	.9	(0)	30	20	.7	(0)	0	6.1		.3
Spaghetti, Italian style	292	1 serv. with meat sauce	396	12.7	20.7	39.4	27	148	2.1	901	120	117	3.0	(24)	0	7.7		.7
Spaghetti, Italian style	302	as above with grated cheese	436	15.2	23.9	39.6	99	198	2.2	1041	122	159	3.0	(24)	(0)	7.8		.7
Spaghetti, tomato sauce	220	1 average serving	244	6.7	11.2	29.4	31	109	1.4	1285	168	87	1.8	(22)	0	7.3		.6
Sugar Crisp, Post's	28.35	1 oz.	110	1.9	.2	25.0	3	48	.5	(0)	14	-	.7	0	0			.2
*Tapioca, granulated	10	1 tablespoon	36	.1	tr.	8.6	1	1	.1	(0)	(0)	(0)	(0)	(0)	(0)	neutral		tr.
*Wheat, cracked	28.35	2/3 cup cooked	92	2.9	.6	20.4	12	113	1.0	(0)	122	31	1.0	0	0			.7
*Wheatena	28.35	2/3 cup cooked	101	2.9	.6	21.7	8	93	.1	(0)	37	43	1.1	0	0	3.1		.5
Wheat Flakes, Quaker	28.35	1 oz., 3/4 cup	105	3.5	.6	21.3	14	88	1.2	(0)	125	40	2.0	0	0			.4
Wheat germ[x]	10	1 rounded tbsp.	36	2.5	1.0	4.9	8	110	.8	(0)	205	80	.5	0	0			.3
Wheaties	28.35	1 cup	105	2.9	.7	22.2	7	74	1.3	(0)	150	40	1.5	0	0			.5
*Wheat Meal, Post's	28.35	1 oz., 2/3 cup cooked	99	3.1	.3	21.0	-	-	-	(0)	130	-	-	0	0			.6
Wheat, Puffed, Quaker	12	1 cup	44	1.6	.2	9.2	3	39	.5	(0)	73	25	1.2	0	0	1.3		.2
Wheat, Puffed, Quaker	28.35	1 oz., 2-1/8 cups	106	3.5	.4	21.8	8	95	1.2	(0)	173	60	2.7	0	0	3.1		.5
Wheat, Shredded	28.35	1 large biscuit, 4" x 2-1/4"	102	2.9	.7	22.7	13	102	1.0	(0)	60	30	1.3	0	0			.7

*Dry weight before cooking or use in any way.

[x]The weight of wheat germ varies with the methods by which it is produced. A rounded tablespoon is a commonly used measure as a dietary supplement.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
CRACKERS AND SIMILAR BAKED PRODUCTS																		
Arrow root biscuit	5	1 biscuit, Nat. Bis. Co.	20	.4	.5	3.8	1	5	tr.	(0)	-	-	-	0	0			tr.
Crackers, Barnum's Animal	2	1 cracker	9	.1	.2	1.6	-	-	tr.	-	-	-	-	0	0			tr.
Crackers, Butter	4	1 cracker	18	.3	.6	2.9	-	-	tr.	-	-	-	-	0	0			tr.
Crackers, Cheese Nip	1.35	1 cracker	7	.1	.4	.7	-	-	tr.	-	-	-	-	0	0			tr.
Crackers, Cheese Tid-Bit	3.5	10 crackers	14	.5	.5	2.0	-	-	tr.	-	-	-	-	0	0			tr.
Crackers, graham	7	2 small, 2-1/2" square	27	.5	.7	5.2	1	14	.1	(0)	20	10	.1	0	0			.1
Crackers, oatmeal	9	1 cracker	39	.9	.9	6.8	-	-	.1	(0)	-	-	-	0	0			.2
Crackers, oyster	10	10 crackers	43	1.0	1.0	7.3	2	10	.1	(0)	10	tr.	.1	0	0			tr.
Crackers, Pilot	20	1 piece, Nat. Bis. Co.	83	1.9	1.7	15.3	3	18	.3	(0)	14	-	.1	0	0			tr.
Crackers, Ritz	3.1	1 cracker	16	.2	.8	1.9	1	4	.1	(0)	-	-	-	0	0			tr.
Crackers, Ritz, Cheese	3.6	1 cracker	17	.4	.9	2.0	2	5	.1	-	-	-	-	0	0			tr.
Crackers, saltines	4	1 cracker, 2" square	17	.4	.5	2.8	1	4	.1	(0)	tr.	tr.	tr.	0	0			tr.
Crackers, soda	6	1 cracker, 2-1/2" square	24	.6	.6	4.0	1	6	.1	(0)	5	5	tr.	0	0			tr.
Crackers, soyas	1.6	1 cracker, 1-3/8" square	8	.2	.5	.8	2	4	.1	(0)	-	-	-	0	0			tr.
Crackers, water	9	1 cracker	32	1.0	-	7.4	2	9	.1	(0)	-	-	-	0	0			tr.
Crackers, whole wheat	5	1 cracker	26	.5	.8	4.1	1	16	.2	(0)	-	-	.1	0	0			tr.
Cracker meal	8	1 tablespoon	34	.8	.8	5.8	2	8	.1	(0)	5	4	.1	0	0			tr.
Cracker meal	128	1 cup, stirred	538	12.3	12.3	93.1	26	123	1.4	(0)	77	64	1.4	0	0			.3
Cracker Sandwich varieties[x]																		
Cheese Squares	3	1 sandwich	13	.5	.4	1.9												
Malted Milk Peanut Butter	10	1 sandwich	54	1.1	3.1	5.3												
Oreo-Creme	12.6	1 sandwich	62	.6	2.7	9.0												
O-So-Gud Peanut Butter	9	1 sandwich	46	.9	2.7	4.6												
Peanut Butter Cheese	9.5	1 sandwich	45	1.9	2.1	4.7												
Social Tea	14	1 sandwich	68	.7	2.7	10.3												
Holland Rusk	15	1 piece, 30 in 1 lb.	61	2.1	1.3	10.3	3	18	.3									tr.
Matzoth	20	1 piece, 6" diam.	78	2.1	.2	17.3												
Pretzel	38	1 large, 12 to 1 lb.	140	3.3	1.2	28.3	5	28	.3	0	4	15	.3	0	0			.1
Pretzel	20	1 medium, 22 to 1 lb.	72	1.8	.6	14.9	2	14	.1	0	2	8	.1	0	0			.1
Pretzel sticks	10	7 av. thin sticks	37	.9	.3	7.5	1	7	.1	0	1	4	.1	0	0			tr.
Ry-Krisp	6.5	1 double square wafer	21	.8	.1	4.8	3	26	.3	0	20	13	.1	0	0			
Triscuit	5	1 square, 2"	24	.4	.9	3.5	2	16	.2	0								
Zweiback	7.4	1 piece, 61 to 1 lb.	32	.9	.7	5.5	8	12	.1									.1

[x]Data from National Biscuit Company, 1950.

Note: Most of the data on crackers and similar products were received during 1950 from Research Department, National Biscuit Company. Little mineral, vitamin and acid-base data are available.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
FLOURS AND SIMILAR CEREAL PRODUCTS																		
Flour, barley	8	1 tablespoon	28	.8	.1	6.1												.1
Flour, barley	112	1 cup	401	11.4	1.9	86.1												.8
Bisquick	120	1 cup	490	10.6	14.8	78.4	420	600	3.8	(0)	520	320	3.7	0	0			.4
Bran, prepared	60	1 cup	145	7.2	2.0	44.5	56	787	6.2	(0)	220	230	11.5	0	0	3.2		5.3
Flour, buckwheat, dark	98	1 cup, sifted	340	11.5	2.4	70.6	32	340	2.7	(0)	560	150	2.8	0	0			1.6
Flour, buckwheat, light	98	1 cup, sifted	342	6.3	1.2	77.9	11	86	1.0	(0)	80	(40)	(.4)	0	0			1.5
Flour, cake, Softasilk	92	1 cup, sifted	325	7.4	.7	72.2	14	83	.6	(0)	60	30	.7	0	0			.2
Flour, corn	110	1 cup, sifted	406	8.6	2.9	84.5	7	196	2.0	370*	220	60	1.6	0	0			.8
Corn meal, degermed																		
Enriched, yellow	145	1 cup	527	11.5	1.7	113.7	9	144	4.2	430	640	380	5.1	0	0			.9
Enriched, white	145	1 cup	527	11.5	1.7	113.7	9	144	4.2	(0)	640	380	5.1	0	0			.9
Not enriched, yellow	145	1 cup	527	11.5	1.7	113.7	9	144	1.6	430	200	70	1.5	0	0	9.4		.9
Not enriched, white	145	1 cup	527	11.5	1.7	113.7	9	144	1.6	(0)	200	70	1.5	0	0	9.4		.9
Corn meal, self-rising																		
Enriched, yellow	118	1 cup	401	10.3	4.4	83.5	309	748	3.4	570	520	310	4.2	0	0			1.8
Not enriched, yellow	118	1 cup	401	10.3	4.4	83.5	309	748	2.7	570	420	120	2.2	0	0			1.8
Corn meal, whole ground																		
Bolted, yellow	127	1 cup	459	11.4	4.3	94.6	8	226	2.3	570	380	100	2.4	0	0			1.3
Bolted, white	127	1 cup	459	11.4	4.3	94.6	8	226	2.3	(0)	380	100	2.4	0	0			1.3
Not bolted, yellow	118	1 cup	419	10.9	4.6	87.0	12	302	2.8	600	450	130	2.4	0	0			1.9
Not bolted, white	118	1 cup	419	10.9	4.6	87.0	12	302	2.8	(0)	450	130	2.4	0	0			1.9
Cornstarch	8	1 tablespoon	29	.0	.0	7.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	neutral		
Flour, gluten	140	1 cup	(520)	58.0	2.7	66.1							3.5	0	0			.6
Flour, graham[x]	120	1 cup, stirred	(415)	14.8	2.3	86.2	47	424	3.7	(0)	528	108	5.3	0	0			2.3
**Flour Mixes, Cake																		
Betty Crocker Devil's Food	567	1 pkg. A.P., 3-4/5 cups	2500	28.9	76.5	424.7	567	964	5.5									1.7
Betty Crocker Ginger Cake	441	1 pkg. A.P., 2-4/5 cups	1750	21.4	41.9	322.2	700	760	22.6									.8
Betty Crocker Party Cake	567	1 pkg. A.P., 3-4/5 cups	2530	23.8	78.2	432.6	1190	1418	2.5									1.1
**Flour Mixes, Pancake																		
Aunt Jemima Buckwheat	130	1 cup	430	14.4	2.3	90.5	609	1125	4.6	(0)	442	130	2.9	0	(0)			1.7
Aunt Jemima Pancake	130	1 cup	432	13.0	1.6	93.7	624	1031	2.7	(0)	208	65	1.8	0	(0)			.8
Sperry Pancake & Waffle	140	1 cup	470	11.5	1.8	104.6	560	825	4.2	(0)	560	490	3.6	0	(0)			.6
**Flour Mixes, Pie crust																		
Betty Crocker Crustquick	255	1 pkg. A.P., 2 cups	1335	16.6	84.7	126.7	100	175	6.0									.8
Betty Crocker Pyequick	255	1 pkg. A.P., 2 cups	1335	16.6	84.7	126.7	100	175	6.0									.8

*Values are for flour made from yellow corn. White corn flour has only a trace of vitamin A.

[x]Analysis of a graham flour still on the market, Schumacker's XXX Graham Flour. Data received August, 1950 from The Quaker Oats Company.

**Data received August, 1950 from manufacturers.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FLOURS AND SIMILAR CEREAL PRODUCTS - Continued																		
Flour, peanut	100		369	58.9	9.7	20.5	65	565	10.0	(0)	600	300	20.0	0	0			2.1
Flour, Proflo, cottonseed	100		340	57.5	6.4	21.4	200	1260	12.0	(0)	1040	1020	8.4	0	0			3.0
Flour, rice	125	1 cup	(440)	9.3	.6	99.4	14	124	1.1		44					13.0		.5
Flour, rye, light	80	1 cup, sifted	285	7.5	.8	62.3	18	148	.9	(0)	120	60	.5	0	0			.3
Flour, rye, medium	100		326	11.4	1.7	74.8	27	262	2.6	(0)	300	120	2.5	0	0			1.1
Flour, rye, dark	100		318	16.3	2.6	68.1	54	536	4.5	(0)	610	220	2.7	0	0			2.4
Flour, rye, whole grain	100		321	12.1	1.7	73.4	38	376	3.7	(0)	430	220	1.6	0	0			2.0
Flour, soy, low fat	101	1 cup, stirred	230	45.1	1.1	38.1	268	629	13.1	70	1100	350	2.9	0	0			2.3
Flour, soy, medium fat	88	1 cup, stirred	232	37.4	5.7	32.7	215	537	11.4	100	720	300	2.3	0	0			2.3
Flour, soy, full fat	72	1 cup, stirred	250	25.8	14.8	21.5	140	398	8.7	100	560	200	1.6	0	0			1.7
Flour, soy grits	138	1 cup	365	58.6	9.0	51.3	337	842	17.9	150	1120	460	3.6	0	0			3.6
Flour, wheat, patent																		
All-purpose enriched	8	1 tablespoon	29	.8	.1	6.1	1	7	.2	(0)	35	21	.3	0	0			tr.
All-purpose enriched	100	7/8 cup	364	10.5	1.0	76.1	16	87	2.9	(0)	440	260	3.5	0	0			.3
All-purpose enriched	110	1 cup, sifted	401	11.6	1.1	83.7	18	96	3.2	(0)	480	290	3.8	0	0			.3
Not enriched	8	1 tablespoon	29	.8	.1	6.1	1	7	.1	(0)	5	4	.1	0	0			tr.
Not enriched	100	7/8 cup	364	10.5	1.0	76.1	16	87	.8	(0)	60	50	.9	0	0			.3
Not enriched	110	1 cup, sifted	401	11.6	1.1	83.7	18	96	.9	(0)	70	50	1.0	0	0			.3
Flour, wheat, bread																		
Enriched	100	7/8 cup	365	11.8	1.1	74.7	16	95	2.9	(0)	440	260	3.5	0	0			.3
Enriched	112	1 cup, sifted	408	13.2	1.2	83.7	18	106	3.2	(0)	490	290	3.9	0	0			.3
Not enriched	100	7/8 cup	365	11.8	1.1	74.7	16	95	.9	(0)	80	60	1.0	0	0			.3
Not enriched	112	1 cup, sifted	408	13.2	1.2	83.7	18	106	1.0	(0)	90	60	1.1	0	0			.3
Flour, wheat, pastry	100	1 cup, sifted	364	7.5	.8	79.4	17	73	.5	(0)	30	30	.7	0	0			.2
Flour, wheat, self-rising																		
Enriched	100	7/8 cup	350	9.2	1.0	73.8	272	484	2.9	(0)	440	260	3.5	0	0			.4
Enriched	110	1 cup, sifted	385	10.1	1.1	81.2	299	532	3.2	(0)	480	290	3.8	0	0			.4
Not enriched	100	7/8 cup	350	9.2	1.0	73.8	272	484	1.0	(0)	80	50	1.1	0	0			.4
Not enriched	110	1 cup, sifted	385	10.1	1.1	81.2	299	532	1.1	(0)	80	50	1.3	0	0			.4
Flour, wheat, whole	100	3/4 cup	333	13.3	2.0	71.0	41	372	3.3	(0)	550	120	4.3	0	0			2.3
Flour, wheat, whole	120	1 cup, stirred	400	16.0	2.4	85.2	49	446	4.0	(0)	660	140	5.2	0	0			2.8
80 percent extraction	100	7/8 cup	365	12.0	1.3	74.1	24	191	1.3	(0)	260	70	2.0	0	0			.5
80 percent extraction	110	1 cup, sifted	401	13.2	1.4	81.5	26	210	1.4	(0)	280	80	2.3	0	0			.6
Maize - See Corn Meal																		

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FLOURS AND SIMILAR CEREAL PRODUCTS - Continued																		
*Manioc, (cassava) flour	100		338	1.5	.6	81.5												0
Manioc, tapioca, dry	100		360	.6	.2	86.4	12	12	1.0	(0)	(0)	(0)	(0)	(0)	(0)			.1
*Millet (unspecified)	100		340	9.7	3.0	74.1												2.7
* Foxtail	100		343	9.8	8.0	74.7												2.0
* Pearl or bajra	100		348	11.7	4.7	70.5												1.9
* Proso	100		338	11.8	2.4	72.8												2.2
* Ragi	100		332	6.5	1.7	78.0												2.6
Sago, flour	100		340	.3		85.0												.2
Samp or hominy or grits	100		361	8.4	.7	78.5												.4
*Sorghum seed	100		343	10.1	3.3	73.8												1.7
DAIRY PRODUCTS																		
Butter	7	1 pat, 64 per pound	50	.0	5.7	.0	1	1	.0	230[x]	tr.	tr.	tr.	0	2[x]	neutral		0
Butter	10	1 pat, 45 per pound	72	.1	8.1	.0	2	2	.0	330[x]	tr.	tr.	tr.	0	4[x]	neutral		0
Butter	5	1 teaspoon	36	.0	4.1	.0	1	1	.0	165[x]	tr.	tr.	tr.	0	2[x]	neutral		0
Butter	14	1 tablespoon	100	.1	11.3	.1	3	2	.0	460[x]	tr.	tr.	tr.	0	5[x]	neutral		0
Butter	100	7 tablespoons	716	.6	81.0	.4	20	16	.0	3300[x]	tr.	10	.1	0	35[x]	neutral		0
Butter	224	1 cup	1604	1.3	181.4	.9	45	36	.0	7390[x]	tr.	20	.2	0		neutral		0
Cheese, Blue mold	28.35	1 oz.	104	6.1	8.6	.6	89	96	.1	(350)	10	170	.1	(0)				0
Cheese, Camembert	28.35	1 oz.	85	5.0	7.0	.5	30	52	.1	(290)	10	210	.3	(0)				0
Cheese, Cheddar, Am.	20	1 small serving	80	5.0	6.4	.4	145	99	.2	280	4	84	tr.	(0)				0
Cheese, Cheddar, Am.	28.35	1 oz., average serving	113	7.1	9.1	.6	206	140	.3	400	10	120	tr.	(0)				0
Cheese, Cheddar, Am.	7	1 tbsp., grated	28	1.8	2.3	.1	51	34	.1	98	1	29	tr.	(0)				0
Cheese, Cheddar, Am.	100	7/8 cup, grated	398	25.0	32.2	2.1	725	495	1.0	1400	20	420	tr.	(0)				0
Cheese, Cottage	28.35	1 oz., 1 rounded tbsp.	27	5.5	.1	.6	27	54	.1	(10)	10	90	tr.	(0)				0
Cheese, Cottage	100	5 to 6 tbsp. level	95	19.5	.5	2.0	96	189	.3	(20)	20	310	(.1)	(0)				0
Cheese, Cottage	225	1 cup	215	43.9	1.1	4.5	216	425	.7	(50)	40	690	(.2)	(0)				0
Cheese, Cream	28.35	1 oz., 2 tbsp.	106	2.6	10.5	.6	19	27	.1	(410)	tr.	60	tr.	(0)				0
Cheese, Edam	28.35	1 oz.	87	7.7	5.7	1.1	225	136	.2	510	11	142	.1	(0)				0
Cheese, Gruyere	28.35	1 oz.	115	8.1	8.9	.5	308	230	.3	567	2	142	.1	(0)				0
Cheese, Liederkranz	28.35	1 oz.	85	4.6	7.4	-	178	120		964				(0)				0
Cheese, Limburger	28.35	1 oz.	97	6.0	7.9	.6	167	111	.2	360	20	140	tr.	(0)				0
Cheese, Mysost	28.35	1 oz.	70	1.6	.4	15.4	247	173	.2		11	142	.1	(0)				0
Cheese, Pabst-ett	28.35	1 oz.	90	5.5	6.6	2.2	165	195										0

*Data from Food Composition Tables for international use, Food and Agriculture Organization of the United Nations, October, 1949. These forms of cereals or starches are commonly used in various countries.
[x]Vitamin A and D values for butter are average year-round figures. Vitamin A and D content varies with season. Data on cheeses mentioned by trade name received August, 1950.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
DAIRY PRODUCTS - Continued																		
Cheese, Parmesan	28.35	1 oz.	112	10.2	7.4	.8	329	233	.1	(300)	10	210	.1	(0)				0
Cheese, Roquefort	28.35	1 oz.	111	6.2	9.4	.4	206	150	.3	1134	9	128	.4	(0)				0
Cheese Spreads, Kraft																		
Old English	28.35	1 oz.	103	6.1	8.6	.4	167	175										0
Olive Pimento	28.35	1 oz.	63	2.1	5.3	1.8	20	28										tr.
Pimento	28.35	1 oz.	63	2.3	5.8	1.9	17	31										tr.
Pineapple	28.35	1 oz.	68	2.0	5.4	2.9	14	26										tr.
Relish	28.35	1 oz.	72	2.3	5.7	3.1	17	28										tr.
Roka	28.35	1 oz.	82	3.5	7.1	1.2	54	56										0
Smokelle	28.35	1 oz.	103	5.6	8.8	.5	173	167										0
Cheese, Swiss	28.35	1 oz.	105	7.8	7.9	.5	262	160	.3	410	tr.	110	tr.	(0)				0
Cheese, Swiss, Kraft	28.35	1 oz.	100	7.1	7.7	.5	247	224										0
Cheese, Velveeta	28.35	1 oz.	92	5.2	6.6	3.0	173	232										0
Cream, light 20%	15	1 tbsp. sweet or sour	30	.4	3.0	.6	15	12	.0	120[x]	4	20	tr.	tr.	2[x]	neutral		0
Cream, light 20%	30	1 oz. sweet or sour	61	.9	6.0	1.2	29	23	tr.	249[x]	9	42	tr.	tr.	4[x]	neutral		0
Cream, light	100	7 tbsp. sweet or sour	204	2.9	20.0	4.0	97	77	.1	830[x]	30	140	.1	1	(15)[x]		1.0	0
Cream, heavy	15	1 tbsp.	49	.3	5.2	.5	12	9	.0	220[x]	tr.	20	tr.	tr.	4[x]	neutral		0
Cream, heavy	100	7 tbsp.	330	2.3	35.0	3.2	78	61	.0	1440[x]	20	110	.1	1	(30)[x]	neutral		0
Cream, heavy, whipped	16	1 hp. tbsp., sweetened	52	.3	5.2	1.3	12	9	.0	220[x]	tr.	20	tr.	tr.	(4)[x]	neutral		0
Cream, heavy, whipped	15	1 hp. tbsp., unsweetened	49	.3	5.2	.5	12	9	.0	220[x]	tr.	20	tr.	tr.	(4)[x]	neutral		0
Ice cream, plain*	100	1/6 of 1 quart	206	4.0	12.5	20.6	123	99	.1	520	40	190	.1	1	-		.7	0
Milk, buttermilk	100	1/2 cup scant	36	3.5	.1	5.1	(118)	93	.1	tr.	40	180	.1	1	(0)		2.2	0
Milk, buttermilk	183	6 oz., 1 med. glass	66	6.4	.2	9.3	(216)	170	.2	tr.	73	329	.2	2	(0)		4.0	0
Milk, buttermilk	244	8 oz., 1/2 pint	86	8.5	.2	12.4	(288)	227	.2	10	90	430	.3	1	(0)		5.2	0
Milk, chocolate	100	1/2 cup scant	74	3.2	2.2	10.6	109	91	.1	90	30	160	.1	1	-		2.2	0
Milk, chocolate	187.5	6 oz., 1 medium glass	139	5.9	4.1	19.9	204	171	.2	169	56	300	.2	2	-		4.1	0
Milk, chocolate	250	8 oz., 1/2 pint	185	8.0	5.5	26.5	272	228	.2	230	80	400	.2	2	-		5.5	0
Milk, condensed, sweetened	20	1 tbsp.	64	1.6	1.7	11.0	55	46	tr.	(86)	10	78	tr.	tr.	-		1.0	0
Milk, condensed, sweetened	100	1/3 cup	320	8.1	8.4	54.8	273	228	.2	(430)	50	390	.2	1	-		5.0	0
Milk, condensed, sweetened	306	1 cup	981	24.8	25.7	167.7	835	698	.6	(1300)	160	1190	.6	3	-		15.3	0
Milk, dried, skim	7.5	1 tbsp.	28	2.7	.1	3.9	98	77	.0	tr.	30	150	.1	1	(0)			0
Milk, dried, skim	100	13-1/3 tbsp.	362	35.6	1.0	52.0	1300	1030	.6	(40)	350	1960	1.1	7	(0)			0
Milk, dried, skim	120	1 cup	434	42.7	1.2	62.4	1560	1236	.7	(50)	420	2350	1.4	9	(0)			0
Milk, dried, whole	8	1 tbsp.	39	2.1	2.1	3.0	76	58	.0	110	20	120	.1	1	1			0

[x]Vitamin A and D values for cream are year-round figures. Vitamin A and D content varies with season.

*See Desserts for other measures and varieties of ice cream.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
DAIRY PRODUCTS - Continued																		
Milk, dried, whole	100	12-1/2 tbsp.	492	25.8	26.7	38.0	949	728	.6	1400	300	1460	.7	6	16			0
Milk, dried, whole	128	1 cup	630	33.0	34.2	48.6	1215	932	.7	1790	390	1870	.8	8	20			0
Milk, evaporated	16	1 tbsp.	22	1.1	1.3	1.6	39	31	.03	64	8	58	tr.	tr.	13		.7	0
Milk, evaporated	31.55	1 fluid oz., 2 tbsp.	44	2.2	2.5	3.1	79	63	.05	126	16	114	.1	tr.	25		1.4	0
Milk, evaporated	100	6 tbsp.	138	7.0	7.9	9.9	243	195	.2	400	50	360	.2	1	79		4.3	0
Milk, evaporated	126	1/2 c. or 1 c. reconstituted	173	8.8	10.0	12.5	306	246	.2	504	63	454	.2	2	100		5.3	0
Milk, evaporated	411	1 can	567	28.8	32.5	40.7	999	801	.8	1644	206	1480	.8	4	325		17.1	0
Milk, malted, plain, dry[x]	9	1 tbsp.	35	1.3	.8	6.4	26	34	.2	92	30	49	-	(0)	(0)		.4	0
Milk, malted, plain, dry[x]	100	3/4 cup	407	14.6	8.5	70.7	287	379	2.1	1020	330	540	-	(0)			4.4	.3
Milk, non-fat or skim	31	1 fluid oz., 2 tbsp.	11	1.1	.03	1.6	38	30	.03	tr.	12	56	tr.	tr.	(0)		.6	0
Milk, non-fat or skim	100	1/2 c. scant, 7 tbsp.	36	3.5	.1	5.1	123	97	.1	tr.	40	180	.1	1	(0)		1.8	0
Milk, non-fat or skim	184.5	6 oz., 1 med. glass	66	1.6	.1	9.4	227	178	.2	(7)	74	332	.2	2	(0)		3.3	0
Milk, non-fat or skim	246	8 oz., 1 lg. glass, 1/2 pt.	87	8.6	.2	12.5	303	239	.2	(10)	90	440	.3	3	(0)		4.4	0
*Milk, non-fat, fortified	31	1 fluid oz., 2 tbsp.	11	1.1	.03	1.6	38	30	.03	tr.	12	56	tr.	tr.	12		1.8	0
*Milk, non-fat, fortified	184.5	6 oz., 1 med. glass	66	1.6	.1	9.4	227	178	.2	(7)	74	332	.2	2	75		3.3	0
*Milk, non-fat, fortified	246	8 oz., 1/2 pt.	87	8.6	.2	12.5	303	239	.2	500	90	440	.3	3	100		4.4	0
Milk, whole, fresh	30	1 oz., 2 tbsp.	20	1.1	1.2	1.5	35	28	tr.	48	12	51	tr.	tr.	tr.		.6	0
Milk, whole, fresh	100	3/8 cup	68	3.5	3.9	4.9	118	93	.1	(160)	40	170	.1	1	2		2.0	0
Milk, whole, cow's	183	6 oz., 1 med. glass	124	6.4	7.1	9.0	216	170	.2	(293)	73	311	.2	2	4		3.6	0
Milk, whole, cow's	244	8 oz., 1/2 pint	166	8.5	9.5	12.0	288	227	.2	(390)	90	420	.3	3	5		4.9	0
Milk, whole, cow's	976	1 quart	666	34.2	38.1	47.8	1152	908	.7	(1550)	350	1680	1.1	13	20		19.5	0
Milk, whey, dried	100		344	12.5	1.2	72.4	679	576	-	50	490	2500	.8	-				0
Milk, whey, fluid	100	1/2 cup scant	26	.9	.3	5.1	51	53	.1	10	40	150	.1	-				0
Milk, goat's, fresh	30	1 oz., 2 tbsp.	20	1.0	1.2	1.4	39	32	.03	48	12	33	.1	tr.				0
Milk, goat's, fresh	100	3/8 cup	67	3.3	4.0	4.6	129	106	.1	(160)	40	110	.3	1				0
Milk, goat's, fresh	244	8 oz., 1/2 pint	164	8.1	9.8	11.2	315	259	.2	(390)	100	260	.7	2				0
Milk, goat's, fresh	976	1 quart	654	32.2	39.0	44.9	1259	1035	1.0	1550	390	1040	2.8	10				0
†Milk, human	30	1 oz., 2 tbsp.	21	.4	1.1	2.1	10	5	.06	(70)	4	14	.1	1	tr.			0
†Milk, human	100	1/2 cup scant	71	1.2	3.8	7.0	34	16	.2	(235)	15	47	.2	4	tr.			0

[x]See Beverages for malted milk drinks.

*Nonfat fortified or fortified skim milk has been available from local dairies in Pennsylvania for several years. It contains 2000 units of vitamin A and 400 units of vitamin D per quart.

Note: If fresh, whole milk has been irradiated or vitamin D added in any other way, the vitamin D figures will be higher than those indicated. Consult labels. Vitamin D milk in many states contains 400 units per quart.

†Data from Composition of Milks, National Research Council, January, 1950.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
DESSERTS																		
Apple or Brown Betty	140	1 serving, 1/2 cup	254	2.9	8.4	42.5	30	36	.8	200	85	67	.7	tr.	0		2.4	.6
Bavarian Cream, Orange	240	1 serving	289	4.1	14.0	39.8	62	48	.4	790	105	65	.3	61	14		4.7	tr.
Blanc Mange	125	1 serving, 1/2 cup	152	4.2	4.7	23.8	144	113	.1	195	45	210	.1	1	2		2.4	tr.
Brownies	30	1 pc., 2" x 2" x 3/4"	141	1.8	8.4	16.6	11	44	.5	226	38	41	.2	(0)	3	1.2		.1
Cake, angel	45	1 pc., 1/10 of 1 av. cake	145	3.4	.1	33.0	3	11	.1	(0)	3	66	.1	0	0	2.4		0
Cake, chocolate cup	60	1 med., fudge icing	278	3.0	11.0	53.6	38	80	.7	332	22	76	.1	(0)	1	.1		0
Cake, chocolate, one-layer	45	1 sm. 2" pc., fudge icing	185	2.2	7.6	35.5	26	56	.5	237	16	50	.1	(0)	4	1.6		0
Cake, chocolate, two-layer	102	1 pc., white icing, 1/12 of cake	356	3.1	7.7	45.0	24	56	.5	265	17	70	.1	(0)	4	2.7		0
Cake, cup, iced	55	1 med., white boiled icing	229	2.5	5.0	38.4	18	32	.2	239	14	48	tr.	(0)	3	1.8		0
Cake, foundation, plain	65	1 pc., 3" x 2" x 1-3/4"	228	3.8	7.6	36.3	82	78	.3	350	20	50	.2	(0)	2	1.5		0
With white icing	90	1 pc., 3" x 2" x 1-3/4"	291	3.8	9.9	46.4	83	78	.3	445	20	51	.2	(0)	4	1.5		0
With fudge icing	95	1 pc., 3" x 2" x 1-3/4"	321	4.2	10.1	55.1	93	95	.4	401	23	66	.2	0	2	1.2		0
Two layer, vanilla icing	90	3" sector of layer cake	308	4.5	8.4	54.4	91	86	.4	390	20	60	.2	(0)	2	1.5		0
Two layer, chocolate icing	90	3" sector of layer cake	314	4.0	10.4	52.6	88	91	.4	390	20	70	.2	(0)	2	1.3		0
Cake, fruit, dark	40	1 sl., 3" x 2-3/4" x 1/2"	142	2.1	5.5	22.4	39	50	1.1	164	56	56	.4	(0)	5	.6		.5
Cake, pound	30	1 sl., 3" x 2-3/4" x 5/8"	130	2.1	7.1	14.8	16	31	.5	297	36	48	.3	(0)		1.9		0
Cake, sponge	50	1 pc., 1/10 of 1 av. cake	145	3.2	2.3	28.1	12	48	.6	220	24	59	.1	(0)	11	3.2		tr.
Cookies, assorted	25	1 cooky, 3" in diam.	109	1.5	3.2	18.8	6	16	.2	(0)	10	10	.1	(0)	tr.	(1.0)		tr.
Cookies, butterscotch, ice-box	24	1 cooky, 50 from 3-1/2 c. flour	116	1.3	5.9	14.6	11	22	.5	22	45	28	.3	(0)	1	1.0		.1
Cookies, Chocolate Snaps	3.8	1 cooky, Nat. Bis. Co.	18	.3	.6	2.8												0
Cookies, coconut	10	1 bar, 1-3/4" x 1-1/2"	45	.6	1.7	7.2												.2
Cookies, iced heavily	16	1 av., commercial	64	.6	1.6	12.0												0
Cookies, iced thinly	16	1 sm., commercial	78	.9	4.0	10.1												0
Cookies, molasses, ice-box	15	1 cooky, 80 from 5 c. flour	71	.8	2.9	10.2	15	11	.5	14	31	21	.2	(0)	tr.	.0	.7	0
Cookies, oatmeal	25	1 large, 3-1/2" diam.	114	1.6	4.4	17.5	12	35	.5	27	59	36	.2	(0)	1			tr.
Cookies, sugar	20	1 cooky, 3" diam.	64	1.0	2.6	9.1	5	12	.2	25	32	27	.2	(0)	1	.7		tr.
Cookies, vanilla wafers	5	1 small, thin	21	.3	.7	3.6	1	3	tr.									0
Cornstarch - See Puddings																		
Custard, baked	157	1 custard, 4 from 1 pt. milk	205	8.8	9.1	22.8	163	189	1.1	607	82	315	.1	(0)	22	1.8		0
Custard, boiled	130	1/2 cup, 5 from 1 pt. milk	164	7.1	7.3	18.2	131	151	.8	486	66	252	.1	(0)	18	1.4		0
Date Torte	75	1 serv. with 1 tbsp. wh. cream	307	4.9	17.3	38.1	52	111	1.3	325	142	101	1.0	(0)	4		.5	1.0
Eclair, choc. icing	110	1 av., custard filling	316	7.6	15.4	39.1	90	150	1.3	730	121	242	1.0	0	23	3.6		0
Eclair or Cream Puff	105	1 av., wh. cream filling	296	3.9	25.7	15.0	48	70	.7	1121	69	119	.3	0	28	2.7		0
Fig bars, commercial	16	1 small, average	56	.7	.8	12.1	11	11	.2	0	3	10	.1	(0)	0			.3

Note: Fortified margarine was used as the fat for all recipes calculated on this page except for cookies. If butter were used the vitamin A values would be the same. Vitamin A values would be lower if a vegetable shortening were used. Cake or pastry flour was used for cakes. Enriched all-purpose flour was used for cookies.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	.Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
DESSERTS - Continued																		
Gelatine, lemon	85	1 serving, 2/3 cup	109	2.2	tr.	26.4	3	2	tr.	(0)	9	1	tr.	10			.8	tr.
Gingerbread, (hot water, 1 egg)	57	1 sm. pc., 2" x 2" x 2"	206	2.2	9.9	26.9	45	34	1.4	69	66	54	.5	0	3		2.6	tr.
Ginger Snaps	3.8	1 small, 120 to 1 lb.	16	.2	.4	3.1												
Ice cream, chocolate[x]	170	1/4 of 1 quart	358	6.3	22.7	36.5	153	203	1.2	875	86	152	.4	1	14	2.1		tr.
Ice cream, custard, frozen[x]	160	1/4 of 1 quart	305	5.7	17.1	33.4	143	156	.8	868	82	130	.3	1	14	2.1		tr.
Ice cream, peach[x]	227	1/4 of 1 quart	420	5.9	17.2	63.3	146	165	1.0	1238	92	150	.7	4	14		.8	.3
Ice cream, strawberry[x]	223	1/6 of 1 quart	262	4.4	11.8	35.9	119	124	1.1	623	75	159	.4	45	9		.9	1.1
Ice cream, vanilla	71	1/8 of 1 quart*	147	2.8	8.9	14.6	87	70	.1	369	28	135	.1	1				0
Ice cream, vanilla	95	1/6 of 1 quart*	197	3.8	11.9	19.6	117	94	.1	494	38	181	.1	1				0
Ice cream, vanilla	142	1/4 of 1 quart*	294	5.7	17.7	29.4	175	141	.1	738	57	270	.1	1				0
Ice cream, vanilla	570	1 quart*	1180	22.8	69.8	117.4	691	564	.6	2964	228	1083	.6	(0)				0
Ice, orange, water	138	1/2 cup	177	.4	.1	45.7	10	9	.1	92	42	15	.1	27	0		2.7	tr.
Ice, raspberry, water	135	1/2 cup	119	.9	.3	30.3	29	28	.6	96	20	48	.2	19	0		3.8	-
Jello, plain	65	1 serving, 5 to 1 pkg.	65	1.6	0.	15.1	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)			(0)
Jello, with whipped cream	80	1 serving, 1 tbsp. cream	117	1.8	5.4	16.4	12	9	(0)	212	4	16	tr.	tr.	(4)			0
Junket	135	1/8 of 1 quart milk	107	4.3	4.8	12.2	144	113	.1	194	44	210	.1	tr.	2		2.4	0
Lady Fingers	14	1 lg. or 2 small	37	1.2	.9	5.8	5	19	.2	91	9	24	tr.	(0)	4		1.2	0
Macaroons	25	1 large or 2 small	108	1.6	4.2	16.3												
Nabisco Peanut Butter Patties	7	1 average, 65 to 1 lb.	37	.8	2.1	4.0												tr.
Nabisco Sugar Wafers	6.5	1 large, 70 to 1 lb.	32	.3	1.4	4.8												0
Nabisco Sugar Wafers	3.1	1 small, 148 to 1 lb.	16	.1	.7	2.3												0
Oreo Creme Sandwich	12.6	1 sandwich	62	.6	2.7	9.0												0
Parfait, coffee	107	1 serving	258	2.1	22.0	14.4	52	61	.3	985	27	80	tr.	tr.	6	1.5		0
Parfait, maple	104	1 serving	287	2.1	22.0	19.9	55	64	1.2	985	27	80	tr.	tr.	6		3.7	0
Pie, apple	160	1/6 of a medium pie	377	3.8	14.3	60.2	11	38	.5	156	46	26	.4	1	(0)	.1		.6
Pie, blackberry	160	1/6 of a medium pie	365	4.4	14.6	55.6	25	51	.8	193	40	27	.6	7	(0)	.2		2.5
Pie, blueberry	160	1/6 of a medium pie	372	3.9	15.4	56.9	14	39	.7	166	25	29	.4	5	(0)	1.2		.2
Pie, cherry	160	1/6 of a medium pie	360	4.3	12.4	59.6	16	43	.6	601	41	26	.4	2	(0)		4.2	1.0
Pie, chocolate	160	1/6 of a medium pie	294	6.9	13.7	37.7	118	151	.8	325	30	128	.2	(0)	40	1.9		.1
Pie, cream	160	1/6 of a medium pie	299	7.4	13.0	38.7	109	131	.8	390	85	213	.5	(0)	12	2.1		(0)
Pie, custard	150	1/6 of a medium pie	266	7.6	12.1	32.7	111	140	.8	305	63	215	.2	(0)	14	2.5		(0)
Pie, custard, coconut	155	1/6 of a medium pie	311	7.1	16.6	38.2	110	139	.9	313	70	193	.2	(0)	10	.8		.6
Pie, lemon meringue	140	1/6 of a medium pie	281	3.8	9.8	45.3	13	49	.5	260	29	52	.1	1	10	3.0		tr.
Pie, lemon chiffon	107	1/6 of pie (crumb crust)	212	5.9	5.5	36.7	23	73	.8	435	49	33	.1	10	19	3.2		tr.

*Calculated from home recipes using half whole milk and half light cream. These recipes produce heavier and richer products than commercial varieties of these same flavors. No data on commercial ice creams other than vanilla were received.

[x]These figures are based on the 100 gram data in Source 1. They are somewhat different from those received from National Dairy Council for one quart of ice cream and listed in the section on Food Values for One Pound.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
DESSERTS - Continued																		
Pie, mince	160	1/6 of a medium pie	398	3.9	10.9	71.8	35	63	3.4	12	106	55	.5	1	(0)	3.4		.2
Pie, raisin	120	1/6 of a medium pie	437	4.6	12.4	81.2	47	99	2.0	27	98	53	.5	(0)	0		5.1	-
Pie, rhubarb	160	1/6 of a medium pie	431	3.6	12.1	78.3	36	44	.5	20	20	10	.3	(2)	0		1.3	.4
Pie, peach	165	1/6 of a medium pie	406	3.9	12.8	71.0	14	55	.9	1052	38	68	1.3	(4)	0		6.3	.8
Pie, pineapple, cheese	160	1/6 of a medium pie	270	7.1	9.5	39.9	81	107	.9	286	76	158	.2	(1)	9	1.9		.1
Pie, pumpkin	150	1/6 of a medium pie	330	6.7	10.7	53.5	103	137	2.2	2278	58	163	.5	(0)	14		4.2	.4
Pie, Shoo-Fly Penna. Dutch	110	1/6 of a medium pie	441	4.0	16.4	70.6	129	65	3.2	411	108	65	.9	0	0		10.8	.1
Pie, strawberry, 1 crust	115	1/6 of a pie, plain	274	2.3	6.4	53.6	23	34	.7	45	28	10	.3	(22)	0		.7	.9
Pie, strawberry, wh. cream	145	with 2 tbsp. wh. cream	378	2.9	16.8	56.2	47	52	.7	485	28	50	.3	(22)	8		.7	.9
Pie,crust, crumb, not baked	165	1 crust for chiffon pies	866	10.9	64.4	64.1	113	126	2.3	2463	240	197	2.8	0	59	2.4		.2
Pie crust, pastry, baked	135	1 lower crust, 9" shell	657	10.1	36.3	71.7	15	88	.7	0	50	30	.7	0	0	9.0		.3
Pie crust, pastry, baked	270	1 double crust for 9" pie	1314	20.2	72.6	143.4	30	176	1.4	0	90	60	1.4	0	0	18.0		.6
Sherbet, lemon, (milk)	135	1/2 cup, homemade	241	5.0	5.4	44.9	168	135	.1	274	39	247	.1	5	54		3.3	tr.
Sherbet, orange, (gelatine)	110	1/2 cup, homemade	226	1.6	.1	57.1	13	11	.1	115	52	15	.1	34	0		3.6	tr.
Sherbet, various, average	96	1/2 cup, commercial	118	1.4	.0	28.8	48	38	.0	0	20	70	.0	(0)	0		-	-
Shortbread	8	1 piece, 1-3/4" sq.	40	5.5	1.9	5.1	1	5	tr.	0	3	2	tr.	(0)	-			tr.
Shortcake, biscuit, peach	150	1 sm. biscuit, 1 peach	266	3.2	6.3	42.4	31	66	1.2	1109	115	131	1.6	(8)	(0)		6.5	.7
Shortcake, biscuit, raspberry	160	1 sm. biscuit, 1 c. berries	290	4.2	6.7	47.4	72	90	1.7	389	125	161	1.1	(29)	(0)		4.5	5.8
Shortcake, biscuit, strawberry	175	1 med. biscuit, 1 c. berries	399	4.8	8.9	61.2	73	84	2.0	429	167	207	1.3	(89)	(0)		1.5	2.1
Shortcake, cake, blackberry	149	1 serv., 1/2 c. berries, no cream	347	4.6	8.3	57.7	105	101	.9	490	45	80	.4	(30)	2		2.1	3.0
" Sponge cake, strawberry	153	1 serv., 1/2 c. berries, wh. cream	380	4.1	7.8	60.4	45	77	1.2	485	44	129	.3	(45)	15	1.0		1.0
Puddings																		
Bread with raisins	165	1 serving, 3/4 cup	314	8.9	10.0	47.8	191	194	1.7	457	147	308	.9	tr.	9		3.6	.2
Cornstarch, caramel	140	1 serving, 1/2 cup	207	4.3	4.7	37.4	165	124	.8	194	44	210	.1	(0)	2		2.4	0
Cornstarch, chocolate	144	1 serving, 1/2 cup	219	4.5	6.6	37.1	147	129	.2	196	45	217	.2	(0)	2		2.4	.1
Cornstarch, vanilla	125	1/2 cup (Blanc Mange)	152	4.2	4.7	23.8	144	113	.1	195	45	210	.1	(0)	2		2.4	tr.
Indian, Baked		1 serving, 2/3 cup	161	5.4	5.6	22.6	221	151	1.4	395	79	261	.4	(0)	3		9.1	tr.
Lemon sponge or Snow	130	1 serving, plain	114	3.1	tr.	26.5	4	5	.1	0	9	21	tr.	10	(0)		.3	0
Lemon sponge or Snow	225	1 serving, with custard sauce	249	8.9	6.0	41.3	129	136	.7	376	65	245	.1	10	12		.6	0
Rice, baked with raisins	145	1 serving, 3/4 cup	249	6.8	6.4	42.4	205	183	.6	265	85	293	.4	2	2		4.4	.2
Tapioca, minute	105	1 serving, 1/2 cup	133	4.9	5.0	17.3	105	109	.5	313	46	186	.1	1	10	.3		tr.

Notes: A 4-1/2" sector or 1/6 of a 9" pie is a common serving in restaurants. In homes, servings may vary so much that it is impossible to list data for all size servings. Weights of servings of pies and all other cooked or baked desserts will vary with cooking time and ingredients used. The gram figures, therefore, should be considered representative rather than specific for desserts of a given type.

All pie crust was made with flour that is not enriched. See basic values for crusts above. Deductions for cooking losses were made for all pies in ascorbic acid - 40 to 80 percent - and in thiamine, riboflavin and niacin. Losses of the B vitamins vary with cooking temperatures and time as well as with ingredients. In general 15 percent is used for thiamine and 10 percent or less for riboflavin and niacin.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
EGGS																		
Egg, cooked, boiled	54	1 medium, soft or hard	77	6.1	5.5	.3	26	101	1.3	550	40	130	tr.	0	27	7.7		0
Egg, fried	50	1 medium, 1 t. margarine	110	6.1	9.2	.3	27	102	1.3	702	40	130	tr.	0	31	7.7		0
Egg, omelet, plain	62	1 medium, plain	120	6.6	9.8	1.0	44	116	1.3	726	46	153	tr.	0	31	7.4		0
Egg, omelet, Spanish	152	2 eggs, 4 tbsp. Sauce	329	14.6	26.9	7.6	103	280	3.4	2008	110	260	1.0	13	31	1.2		.5
Egg, poached	48	1 medium	77	6.1	5.5	.3	26	101	1.3	540	40	120	tr.	0	27	7.7		0
Egg, scrambled	65	1 med., 1 tbsp. milk, 1 t. fat	120	6.6	9.8	1.0	44	116	1.3	726	56	165	tr.	0	31	7.4		0
Egg, dried, whole	7	1 tablespoon	41	3.3	2.9	.2	13	54	.6	262	24	74	tr.	0	15	(4.1)		0
Egg, dried, whole	100	1 cup, scant	592	46.8	42.0	2.5	190	767	8.8	3740	340	1060	.2	0	220	(59.3)		0
Egg, dried, whole	108	1 cup	640	50.5	45.4	2.7	205	828	9.5	4040	360	1140	.3	0	238	(63.9)		0
Egg, raw, whole	54	1 medium, average	77	6.1	5.5	.3	26	101	1.3	550	50	140	tr.	0	27	7.7		0
Egg, raw, white	31	1 medium, average	15	3.3	0.	.2	2	5	.1	(0)	0	80	tr.	0	(0)	1.9		0
Egg, raw, yolk	17	1 medium, average	61	2.8	5.4	.1	25	100	1.2	550	50	60	tr.	0	26	5.8		0
FATS AND OILS																		
Bacon fat	14	1 tablespoon	126	-	14.0	.0												tr.
Butter	5	1 teaspoon	36	tr.	4.1	tr.	1	1	.0	165	tr.	tr.	tr.	0	2	neutral		0
Butter	14	1 tablespoon	100	.1	11.3	.1	3	2	.0	460	tr.	tr.	tr.	0	5	neutral		0
Chicken fat	14	1 tablespoon	126	0.	14.0	.0										neutral		0
Cooking fats, (vegetable)	(12.5)	1 tablespoon	110	0.	12.5	.0	0	0	0	0	0	0	0	0	0	neutral		0
Cooking fats, (vegetable)	200	1 cup	1768	0.	200.0	.0	0	0	0	0	0	0	0	0	0	neutral		0
Crisco	12.5	1 tablespoon	110	0.	12.5	.0	0	0	0	0	0	0	0	0	0	neutral		0
Lard	14	1 tablespoon	126	0.	14.0	.0	0	0	0	0	0	0	0	0	0	neutral		0
Lard	220	1 cup	1984	0.	220.0	.0	0	0	0	0	0	0	0	0	0	neutral		0
Margarine, fortified	5	1 teaspoon	36	tr.	4.1	tr.	1	1	.0	165	(0)	(0)	(0)	(0)	(0)	neutral		0
Margarine, fortified	14	1 tablespoon	101	.1	11.3	.1	3	2	.0	460	(0)	(0)	(0)	(0)	(0)	neutral		0
Margarine, fortified	100	1/2 cup scant	720	.6	81.0	.4	20	16	.0	3300	(0)	(0)	(0)	(0)	(0)	neutral		0
Margarine, fortified	224	1 cup	1613	1.3	181.4	.9	45	36	.0	7400	(0)	(0)	(0)	(0)	(0)	neutral		0
Mayonnaise, See Salad Dressings																		
Oils, corn, olive, peanut	14	1 tablespoon	124	0.	14.0	0.	0	0	0	0	0	0	0	0	0	neutral		0
Oils, corn, olive, peanut	220	1 cup	1945	0.	220.0	0.	0	0	0	0	0	0	0	0	0	neutral		0
Oil, palm, red	100	1/2 cup scant	884	0.	100.0					40000-80000								(0)
Oleomargarine, See Margarine																		
Pork, salt, no lean	100	1 sl., 5" x 2" x 1/2"	783	3.9	85.0	0.	2	42	.6		(180)	(40)	.9					(0)
Pork, salt, some lean	100	1 sl., 5" x 2" x 1/2"	712	6.2	76.0	0.	4	67	.9		(286)	(64)	1.4					(0)

Note: In the cooked eggs deductions were made for cooking losses in thiamine and riboflavin.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FATS AND OILS - Continued																		
Salad Dressings																		
Bacon and vinegar	30	2 tbsp.	102	1.5	10.5	.9	2	17	.1	(0)	62	19	.3	(0)	(0)	.5		tr.
Commercial, average	15	1 tbsp. mayonnaise type	58	.2	5.5	2.1	1	4	.1	20	tr.	tr.	(0)	(0)	-	-		tr.
Commercial, average	235	1 cup	902	2.6	86.5	32.7	21	70	.9	340	40	70	(0)	(0)	-	-		tr.
Cooked, plain	17	1 tbsp.	23	.8	.8	2.9	14	16	.1	50	11	29	tr.	(0)	2	tr.		tr.
Cooked, plain	272	1 cup	363	14.1	13.8	49.3	244	285	1.9	843	193	493	.8	(0)	30	2.2		tr.
French, av., commercial	15	1 tbsp.	59	.1	5.3	3.0	tr.	tr.	tr.	0	0	0	0	0	0	-		tr.
French, home-made	15	1 tbsp. (no sugar)	86	.0	9.2	.7	tr.	tr.	tr.	(0)	(0)	(0)	(0)	(0)	0	-		tr.
Mayonnaise, average	13	1 tbsp.	92	.2	10.1	.4	2	8	.1	34	3	3	tr.	0	1	.3		tr.
Mineral oil	14	1 tbsp.	5	.2	.4	tr.	2	8	.1	46	4	5	tr.	0	2	.5		tr.
Russian	16	1 tbsp. r.	51	.4	4.5	2.5	2	7	.1	99	7	9	.1	1	tr.	.2		tr.
Thousand Island	18	1 tbsp. r.	98	.3	10.0	2.4	3	9	.2	109	9	5	.1	1	1	.4		.3
Whipped cream & fruit juice	23	1 tbsp. heaping	57	.3	5.3	3.3	7	7	.1	126	4	11	tr.	tr.	tr.	.1		tr.
Suet, beef	14	1 tbsp., rendered	118	.2	13.0	0.	1	1	tr.	(72)	(0)	(0)	(0)	0	0	.1		tr.
Suet, beef	100	3 1/2 oz. A.P.	846	1.7	93.0	0.	6	7	.4	(600)	-	-	-	0	0	.6		tr.
FISH - Shellfish, Crustaceans and Similar Foods																		
Anchovies, canned	12	3 thin fillets	20	2.3	1.2	tr.	3	26	.1	-	-	-	-	-	-	1.2		0
Anchovy paste	7	1 teaspoonful	14	1.4	.8	.3	1	15	tr.	-	-	-	-	-	-	.7		0
Bass, average, baked	115	1 serv., 3"x3"x1/2"	287	23.6	19.4	3.0	96	269	1.2	97	71	164	3.5	0	1	12.3		tr.
Bluefish, broiled	122	1 serv., 1/2 fish	269	23.8	18.6	0.	26	282	.7	(0)	94	99	1.9	0	0	18.5		0
Butterfish, fried	50	1 fish, 6 1/4" long	211	9.1	19.1	0.	10	104	.5	0	27	32	2.0	0	0	8.5		tr.
Caviar, canned, pressed	10	1 r. teaspoonful	30	3.4	1.7	0.	3	30	.1	-	0	-	-	0	-	-		0
Clams, long, round	100	5 to 10 clams	81	12.8	1.4	3.4	(96)	(139)	(7.0)	110	100	180	(1.6)	-	5	18.1		0
Clams, canned	100	1/2 c.sc., solids, liquid	51	7.9	1.0	2.1	87	125	6.3	(80)	(50)	100	1.1	-	3	10.8		0
Cod, dried, salt, creamed	135	2/3 cup	267	30.7	11.7	8.1	115	378	1.4	436	56	274	3.3	0	2	3.2		0
Cod fish balls or cakes	125	2 balls, or 1 lg. cake	202	22.2	7.8	9.6	22	264	1.4	194	71	145	3.2	(4)	3		1.0	.2
Cod, fresh, raw	100	1 pc., 3"x3"x3/4"	74	16.5	.4	0.	10	194	.4	0	60	90	2.2	2	3	13.3		0
Cod steak, baked	95	1 pc., 4 oz. before cooking	170	18.7	9.7	.7	11	220	.5	0	49	90	2.1	tr.	0	14.7		0
Crab, canned or cooked	100	5/8 cup flakes	104	16.9	2.9	1.3	45	182	.9	-	(50)	(60)	(2.5)	-	0	39.5		0
Crab, deviled	110	1 medium crab	187	11.5	11.1	9.9	104	161	.7	391	76	181	1.6	tr.	1	18.9		.1
Crab salad - See Salads																		
Croaker, baked	102	1 serv., 3"x3"x3/4"	235	20.2	16.5	0.	20	230	1.1	(0)	126	63	1.7	0	0	15.0		0
Eel, raw	100	1 serving	162	18.6	9.1	0.	18	202	.7	1800	280	370	1.4	-	(0)	15.3		0

Note: In consulting various references on fish cookery the most general suggestions for servings were: 2 servings from 1 pound of whole fish as purchased, 4 servings from 1 pound of steaks and 6 servings from 1 pound of fillets. A four ounce E. P. serving was used for many types of vertebrate fish. Deductions for cooking losses for broiling, baking and frying were made on all cooked fish as follows: 30 percent for thiamine, 10 percent for riboflavin, and 15 percent for niacin.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	VITAMINS Thiamine mcg.	VITAMINS Riboflavin mcg.	VITAMINS Niacin mg.	VITAMINS Ascorbic Acid mg.	VITAMINS D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FISH, SHELLFISH, CRUSTACEANS AND SIMILAR FOODS - Continued																		
Eel, smoked	100	1 serving, average	330	18.6	27.8	0.	18	202	.7	(1800)	(280)	(370)	1.4	0	(0)	15.3		0
Finnan haddie (haddock)	162	2/3 c. creamed	265	16.8	16.3	12.1	163	248	.8	655	78	253	1.7	(0)	2	8.1		0
Flounder, or Sole, baked	102	1 serv., (4 from 1 lb.)	204	16.9	20.0	0.	69	221	.9	-	49	54	1.6	0	0	15.8		0
Flounder, raw	100	1 pc., 3"x3"x3/8"	68	14.9	.5	0.	61	195	.8	-	60	50	1.7	-	0	13.9		0
*Frog legs, fried	144	6 large legs	418	25.8	28.6	12.2	28	231	2.0	0	168	352	1.8	-	0	19.1		0
*Frog legs, raw	100	2 to 3 large legs E. P.	73	16.4	.3	0.	18	147	1.1	0	140	250	1.2	-	0	11.8		0
Haddock, cooked, fried	105	1 fillet, 3"x3"x1/2"	214	23.5	9.0	8.1	44	264	1.4	139	69	134	2.6	-	6	20.1		tr.
Haddock, raw	100	1 pc., 3"x3"x1/2"	79	18.2	.1	0.	23	197	.7	-	50	80	2.4	-	0	16.5		0
Haddock, smoked	100	1 pc., 3 1/2"x2 1/2"x1/4"	103	23.2	.4	0.	29	250	.9	-	(63)	(100)	(3.0)	-	0	21.0		0
Halibut, cooked, steak	90	1 serv., 4 from 1 lb.	205	21.0	12.2	0.	15	238	.8	497	55	61	8.8	-	-	18.6		0
Halibut, raw	100	1 pc., 3"x2"x1"	126	18.6	5.2	0.	13	211	.7	440	70	60	9.2	-	-	16.0		0
Herring, Atlantic, broiled	85	1 medium fish	217	20.8	14.2	0.	-	290	1.2	130	14	153	3.3	0	1695	18.1		0
Herring, Atlantic, raw	100	1 small fish	191	18.3	12.5	0.	-	256	1.1	110	20	150	3.4	-	1500	16.0		0
Herring, lake, raw	100	1 fish	140	18.5	6.8	0.	12	152	.5	(100)	90	90	3.1	-	-	16.0		0
Herring, Pacific, raw	100	1 small fish	94	16.6	2.6	0.	-	-	-	100	20	220	2.2	-	-	-		0
Herring, pickled	100	2 small	223	20.4	15.1	0.	22	(250)	1.1	-	-	-	-	0	-	-		0
Herring, smoked, kippered	100	1/2 fish	211	22.2	12.9	0.	66	254	(1.4)	0	tr.	280	2.9	-	-	19.4		0
Lobster, baked or broiled	334	1 lobster (3/4 lb.) 2tbsp.but.	308	20.0	24.9	.8	80	229	.7	920	111	61	2.3	0	22	16.6		0
Lobster, canned	100	2/3 cup meat	92	18.4	1.3	.4	65	192	.8	-	(30)	70	(2.2)	-	0	13.8		0
Lobster paste	7	1 teaspoonful	13	1.5	.7	.1	5	13	.1	-	(2)	(5)	(.2)	-	0	.7		0
Lobster Thermidor	415	1 lobster in shell	405	28.5	26.6	14.8	290	451	1.9	984	153	508	4.8	(0)	13	23.8		.5
Mackerel, canned, Atlantic	100	1 pc. 4"x2"x3/4"	182	19.3	11.1	0.	185	274	2.1	430	60	210	5.8	-	250	12.3		0
Mackerel, canned, Pacific	100	1 pc. 4"x2"x3/4"	180	21.1	10.0	0.	260	288	2.2	30	30	330	8.8	-	250	(13.6)		0
Mackerel, cooked, broiled	87	1 pc. 4"x2"x3/4"	273	21.1	21.6	0.	6	270	1.1	(509)	119	315	7.1	-	1243	13.6		0
Mackerel, raw, Atlantic	100	1 pc. 4"x1 1/2"x1"	188	18.7	12.0	0.	5	239	1.0	(450)	150	350	8.4	-	1100	12.0		0
Mackerel, salt	100	1 pc. 3"x2"x1"	305	18.5	25.1	0.	20	230	1.0	(450)	-	-	-	-	-	-		0
Oysters, fried	135	6 oysters	412	15.1	29.6	18.2	134	227	6.4	1539	134	274	1.2	0	18	10.8		0
Oysters, meat only, raw	100	5 to 8 medium oysters	84	9.8	2.1	5.6	94	143	5.6	320	150	200	1.2	-	5	8.0		0
Oysters, meat only, raw	240	1 cup, 13-18 medium	200	23.5	5.0	13.4	226	343	13.4	770	350	480	2.8	-	12	19.2		0
Oysters, scalloped	143	1 serv., 6 oysters	356	15.9	18.0	31.6	158	232	7.0	894	143	277	1.5	0	6	9.6		0
Oyster Stew, See Soups																		
Perch, fried, fillet	65	1 serv., (6 from 1 lb.)	108	12.5	5.3	0.	(9)	(113)	(.7)	(0)	37	48	2.7	0	(0)	11.3		0
Perch, raw, yellow	100	1 medium fish	87	18.7	.8	0.	(12)	(150)	(1.0)	(0)	(70)	(70)	(4.2)	0	(0)	14.8		0
Pompano, raw	100	1 pc., 3"x3"x3/4"	165	18.8	9.5	0.	-	-	-	-	-	-	-	-	-	-		0

* See foot note on previous page for size of servings and allowances for cooking losses of the B vitamins listed.

Frog legs may be purchased frozen or fresh in large markets or at specialty stores. A pair of frozen legs averages 80 grams A. P. After thawing, legs were dipped in seasoned flour and fried in a neutral fat. E. P. weight averaged 48 grams per pair. Vitamin A values would be higher if fried in margarine or butter.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FISH, SHELLFISH, CRUSTACEANS AND SIMILAR FOODS-Continued																		
Porgy or scup, fried	93	1 med. serving	279	22.7	15.5	10.8	24	258	1.5	75	73	82	3.7	0	(0)	18.0		0
*Salmon, canned, entire contents																		
Chinook or King	100	2/3 cup, lg. serv.	203	19.7	13.2	0.	154	289	.9	230	30	140	7.3	(0)	500	(18.0)		0
Chum	100	2/3 cup, lg. serv.	139	21.5	5.2	0.	249	352	.7	60	20	160	7.1	(0)	500	(18.0)		0
Coho or Silver	100	2/3 cup, lg. serv.	166	21.1	8.4	0.	232	254	.9	80	30	180	7.4	(0)	500	(18.0)		0
Pink or Humpback	100	2/3 cup, lg. serv.	143	20.5	6.2	0.	187	286	.8	70	30	180	8.0	(0)	580	(18.0)		0
Sockeye or Red	100	2/3 cup, lg. serv.	173	20.2	9.6	0.	259	344	1.2	230	40	160	7.3	(0)	800	(18.0)		0
Salmon, Pacific, baked	95	1 serv. (4 oz. before cooking)	291	21.2	22.4	.1	23	296	.6	460	119	245	8.1	(0)	400	20.4		0
Salmon, smoked	50	2-3 small slices	89	10.8	4.7	0.	11	148	.3	(230)	(50)	(120)	(4.0)	0	200	10.0		0
Sardines, Atlantic, canned																		
Drained solids	50	1 pc., 3"x1 1/2"x1"	107	12.9	5.5	.6	193	293	1.4	110	10	85	2.4	(0)	300	10.5		0
Entire contents of can	50	1 pc., 3"x1 1/2"x1", with oil	169	10.6	13.5	.5	177	217	1.8	-	(5)	(70)	(1.9)	(0)	240	8.5		0
Sardines, Pacific, canned																		
Entire contents, natural pack	50	1 pc., 3"x1 1/2"x1"	100	8.9	6.8	.4	(191)	(84)	2.1	(15)	(5)	(150)	(3.7)	(0)	250	10.5		0
Entire contents, tomato sauce	50	1 pc., 3"x1 1/2"x1"	108	8.9	7.4	.9	191	84	2.1	15	5	135	2.7	(0)	167	(8.0)		.1
Scallops, fried	145	5 to 6 med. pieces	427	23.8	28.4	19.3	41	326	3.1	0	91	173	2.3	(0)	0	19.4		0
Scallops, raw	100	2-3 pc., (12 pc. to 1 lb.)	78	14.8	.1	3.4	26	208	1.8	0	(40)	100	1.4	-	0	12.0		0
Shad, baked or broiled	88	1 serv., 4 oz. before cooking	250	21.4	16.4	3.0	-	295	.6	-	119	243	8.2	-	0	17.0		0
Shad, raw	100	1 pc., 3"x3"x3/4"	168	18.7	9.8	0.	-	260	.5	-	(150)	240	(8.4)	-	0	15.0		0
Shad roe, baked	90	1/2 med. with 2 sl. bacon	362	24.3	29.2	.4	28	282	1.5	2000	800	130	2.6	(0)	(0)	-		0
Shrimps, canned, drained	50	4 to 6 shrimp	64	13.4	.7	0.	58	132	1.6	30	5	15	1.1	(0)	75	6.9		0
Canned, entire contents	100	1/2 cup	89	18.7	.9	.3	59	152	1.8	60	10	30	1.4	(0)	105	9.7		0
Smelts, fried in meal	125	4 to 5 smelts	448	20.3	30.9	21.7	22	277	1.7	150	129	141	4.1	0	0	16.0		0
Smelts, raw	100	4 to 5 medium smelts	91	17.6	1.8	0.	19	202	1.0	(0)	(70)	125	(4.2)	0	0	14.0		0
Sturgeon, raw	100	1 pc., 3"x3"x3/4"	94	18.1	1.9	0.	24	158	1.2	-	(70)	(70)	(4.2)	0	(0)	19.1		0
Swordfish steak, raw	100	1 pc., 3"x3"x3/4"	118	19.2	4.0	0.	19	195	.9	1580	50	50	9.1	-	-	15.0		0
Trout, brook, broiled	90	1 serv., 4 oz. before cooking	216	21.9	13.7	.1	27	251	1.2	474	71	51	3.4	-	0	15.9		0
Trout, lake, broiled	88	1 serv., 4 oz. before cooking	290	20.6	22.6	.1	27	225	1.1	460	71	204	3.4	-	0	15.9		0
Tuna, canned, drained	100	5/8 cup solids	198	29.0	8.2	0.	(8)	(351)	1.4	80	50	120	12.8	(0)	250	22.0		0
Entire contents of can	50	3/8 cup	145	11.9	10.5	0.	4	147	.6	(110)	(20)	(50)	5.4	0	150	9.0		0
Entire contents of can	100	3/4 cup	290	23.8	20.9	0.	7	294	1.2	(220)	(40)	(100)	10.8	0	300	18.0		0
Turtle, green, raw	100	1 pc., 3"x3"x1"	89	19.8	.5	0.	22	227	1.1	-	-	-	-	-	-	-		0
White fish, raw	30	1 sm. serving	47	6.9	2.0	0.	8	79	.4	(0)	(27)	(27)	(1.3)	(0)	0	2.7		0
White fish, raw	100	1 pc., 3"x3"x7/8"	156	22.9	6.5	0.	25	263	1.3	(0)	(90)	(90)	(4.2)	(0)	0	19.0		0

* The calcium content of each variety of the canned salmon includes the bones. These can be crushed and eaten with the salmon. If bones are discarded calcium content is much lower.

See foot note on page 25 for size of servings and allowances for cooking losses of the B vitamins listed.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
FRUITS																		
Apple, baked, unpared	115	1 lg., 2 tbsp. sugar	213	.6	.8	64.9	12	20	.6	(180)	40	45	.3	(2)	0		8.7	2.1
Apple, raw, whole A.P.	100	1 small, 2-1/4" diam.	51	.3	.4	13.0	5	9	.3	80	33	27	.1	4	0		3.8	.9
Apple, raw, whole A.P.	150	1 medium, 2-1/2" diam.	76	.4	.5	19.7	8	13	.4	120	50	40	.2	6	0		5.7	1.2
Apple, raw, whole A.P.	230	1 large, 3" diam.	117	.6	.8	30.1	12	20	.6	180	80	60	.4	9	0		8.7	2.1
Apples, dried, cooked	140	1/2 cup, sweetened	147	.6	.4	38.5	7	17	.5	(0)	30	30	.3	3	0		7.3	1.0
Apples, dried, cooked	127	1/2 cup, unsweetened	100	.5	.4	26.5	6	18	.5	(0)	25	40	.4	2	0		7.5	1.1
Applesauce, canned	127	1/2 cup, sweetened	92	.3	.2	25.0	5	10	.5	40	25	15	.1	1-2	0		2.4	.6
Applesauce, canned	120	1/2 cup, unsweetened	50	.3	.3	13.1	5	9	.5	35	25	10	.1	1-2	0		2.5	.6
Apricots, raw	100	2 to 3 medium	51	1.0	.1	12.9	16	23	.5	2790	30	50	.8	7	0		6.8	.6
Apricots, canned in sirup	100	4 halves, 2 tbsp. juice	80	.6	.1	21.4	10	15	.3	1350	20	20	.3	4	0		4.0	.4
Apricots, canned, waterpack	100	4 halves, 1-2 tbsp. juice	32	.5	.1	8.1	10	15	.3	1350	20	20	.3	4	0		4.1	.3
Apricots, dried sulphured	30	4 to 6 halves, raw	79	1.6	.1	20.1	26	36	1.5	2229	3	48	1.0	4	0		10.9	1.0
Apricots, dried sulphured	100	17 lg. or 26 sm. halves	262	5.2	.4	66.9	86	119	4.9	7430	10	160	3.3	12	0		35.7	3.2
Cooked, sweetened	100	4 halves, 2 tbsp. juice	123	1.5	.1	31.6	24	34	1.4	2110	tr.	40	.9	3	0		10.7	.9
Apricots, frozen	91	1 serv., 5 from 1 lb.	75	.6	.1	19.1	10	15	.4	1511	18	27	.5	4	0		3.6	.4
Apricots, frozen	100	1/2 cup scant	82	.7	.1	21.0	11	16	.4	1660	20	30	.5	4	0		4.0	.4
Avocado	100	1/2 small pear	245	1.7	26.4	5.1	10	38	.6	290	60	130	1.1	16	0		10.7	1.8
Banana, raw	100	1 small	88	1.2	.2	23.0	8	28	.6	430	40	50	.7	10	0		7.9	.6
Banana, raw	150	1 medium or 1 c. slices	132	1.8	.3	34.5	12	42	.9	645	60	75	1.0	15	0		11.8	.9
Banana, raw	200	1 large	176	2.4	.4	46.0	16	56	1.2	860	80	100	1.4	20	0		15.8	1.2
Blackberries, raw	100	5/8 cup	57	1.2	1.0	12.5	32	32	.9	200	40	40	.4	21	0		5.0	4.2
Blackberries, raw	144	1 cup	82	1.7	1.4	18.0	46	46	1.3	280	50	60	.5	30	0		7.2	6.0
Blackberries, canned	125	1/2 cup, sirup pack	108	.9	.3	28.6	23	24	.9	230	15	25	.3	8	0		4.4	3.6
Blackberries, canned	122	1/2 cup, water pack	52	1.1	1.9	11.5	22	23	.9	225	15	25	.3	8	0		4.4	2.4
Blueberries, raw	100	5/8 cup	61	.6	.6	15.1	16	13	.8	280	20	20	.3	16	0		2.7	1.2
Blueberries, raw	140	1 cup	85	.8	.8	21.1	22	18	1.1	400	40	30	.4	23	0		3.8	1.7
Blueberries, canned	125	1/2 cup, sirup pack	123	.5	.5	32.4	14	8	.6	50	15	15	.3	17	0		2.4	1.2
Blueberries, canned	121	1/2 cup, water pack	45	.5	.5	10.9	14	8	.6	50	15	15	.3	16	0		2.4	1.2
Blueberries, frozen, no sugar	100	1/2 - 5/8 cup	61	.6	.6	15.1	16	13	.8	240	20	20	.3	14	0		2.4	1.2
Cantaloup or Muskmelon	150	1/2 of a 4-1/2" melon	30	.9	.3	6.9	25	24	.6	5130	75	60	.7	50	0		9.0	.9
Cantaloup, diced	120	1/2 cup	24	.7	.2	5.5	20	19	.5	4104	60	48	.6	40	0		7.2	.7
Cherries, raw, sweet	100	20-25 small, 15 large	61	1.1	.5	14.8	18	20	.4	620	50	60	.4	8	0		7.0	.3
Cherries, canned, sour	100	1/2 cup, pitted	48	.8	.3	11.9	11	12	.3	720	30	20	.2	6	0		7.0	.1
Canned, sweet, sirup pack	100	1/2 cup, red	105	.6	.1	28.5	11	14	.3	430	30	20	.1	3	0		4.3	.2

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FRUITS - Continued																		
Cherries, canned, water pack	100	1/2 cup, red or black	51	.8	.4	12.6	11	14	.3	120	30	20	.1	3	0		4.5	.2
Cherries, Maraschino	100	10-12 cherries	189	.4	.1	51.9	8	11	.2	350	(30)	(20)	.1	(3)	0		5.0	.1
Cherries, Maraschino	10	1 cherry	19	tr.	tr.	5.2	1	1	tr.	35	(3)	(2)	tr.	tr.	0		.5	tr.
Cherries, West Indian	100	20 average, ripe	24	.6	.3	5.3	14	73	.2					1707	0			
Cranberries, fresh	100	7/8 - 1 cup	48	.4	.7	11.3	14	11	.6	40	(30)	(20)	.1	12	0		3.2*	1.4
Cranberry jelly	20	1 r. tbsp.	47	tr.	tr.	13.0	tr.	tr.	tr.						0		*	tr.
Cranberry sauce	20	1 r. tbsp.	40	tr.	.1	10.3	(2)	(1)	(.1)	(6)	(4)	(4)	tr.	tr.	0		*	.1
Currants, raw, red	100	3/4 cup	55	1.2	.2	13.6	36	33	.9	120	40			36	0		7.5	4.0
Currants, dried	100	1/2 cup	268	2.3	.5	71.2	75	138	2.7	100	140	100	.5	3	0		17.0	1.8
Dates, dried and fresh	30	3 to 4 pitted	85	.6	.2	22.6	22	18	.6	18	27	30	.7	(0)	0		2.9	.7
Dates, dried, pitted, cut	178	1 cup	505	3.9	1.1	134.2	128	107	3.7	100	160	170	3.9	(0)	0		17.4	4.2
Figs, raw	100	2 lg., 3 small	79	1.4	.4	19.6	54	32	.6	80	60	50	.5	2	0		6.9	1.7
Figs, canned in sirup	100	3 figs, 1 - 2 tbsp. juice	113	.8	.3	30.0	35	21	.4	50	30	30	.4	tr.	0		4.1	.9
Figs, dried	30	2 small	81	1.2	.4	20.5	56	33	.9	24	48	36	.5	(0)	0		10.8	1.7
Figs, dried	100	5 lg. or 7 sm. or 2/3 c. cut	270	4.0	1.2	68.4	186	111	3.0	80	160	120	1.7	(0)	0		36.1	5.8
Fruit cocktail, canned	100	6 tbsp. fruit and juice	70	.4	.2	18.6	9	12	.4	160	10	10	.4	2	0		3.3	.4
Gooseberries, raw	100	2/3 cup	39	.8	.2	9.7	22	28	.5	290				33	0		4.1	1.9
Grapefruit, raw	100	1/2 sm. 3-3/4" diam., 1/2 c. sections	40	.5	.2	10.1	22	18	.2	tr.	40	20	.2	40	0		6.0	.3
Grapefruit, raw	180	1/2 medium, 4-1/4" diam.	72	.9	.4	18.2	40	32	.4	tr.	72	36	.4	72	0		10.8	.5
Grapefruit, raw	250	1/2 large, 5" diam.	100	1.3	.5	25.3	55	42	.5	tr.	100	50	.5	100	0		15.0	.8
Grapefruit, canned in sirup	100	1/3 cup sections & liquid	72	.6	.2	19.1	13	14	.3	tr.	30	20	.2	30	0		4.2	.2
Grapefruit, canned in sirup	125	1/2 cup sections & liquid	90	.8	.3	23.9	16	18	.4	tr.	38	25	.3	38	0		5.3	.3
Grapes, American varieties	100	1 bunch, 22 - 24 av.	70	1.4	1.4	14.9	17	21	.6	80	60	40	.2	4	0		6.0	.5
Grapes, green seedless	100	1 bunch, 60 av.	66	.8	.4	16.7	17	21	.6	80	60	40	.2	4	0		6.0	.5
Grapes, Malaga or Tokay	100	1 bunch, 22 av.	66	.8	.4	16.7	17	21	.6	80	60	40	.2	4	0		6.0	.5
Guava, raw	100	1 medium	70	1.0	.6	17.1	30	29	.7	250	70	40	1.2	302	0		-	5.5
Honey dew melon, raw	100	1/4 of a sm. 5" melon	32	.5	0.	8.5	(17)	(16)	(.4)	40	50	30	.2	23	0		7.0	.4
Honey dew melon, raw	150	1 pc. 2" x 7", 6-1/2" melon	48	.8	0.	12.8	(26)	(24)	(.6)	60	75	45	.3	34	0		10.5	.6
Kumquats, raw	100	5 to 6 medium	65	.9	.1	17.1			.5					18	0		-	3.7
Lemons, raw	100	1 medium	32	.9	.6	8.7	40	22	.6	0	40	tr.	.1	50	0		4.0	.9
Limes, raw	100	1 large	37	.8	.1	12.3	(40)	(22)	.6	0	(40)	(tr.)	(.1)	27	0		(4.0)	.9
Loganberries, raw	100	2/3 cup	62	1.0	.6	15.0	35	19	1.2	(200)	30	70	.3	24	0		5.0	1.4
Canned, juice pack	100	1/2 c. scant	49	1.0	.1	12.5	29	16	1.0	(130)	(15)	(40)	(.2)	(10)	0		4.0	1.1
Mangos	100	1 small	66	.7	.2	17.2	9	13	.2	6350	60	60	.9	41	0		-	1.0

*While cranberries have an alkaline ash, some of their organic acids are not well oxidized by the body. These acids usually increase urinary acidity.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
FRUITS - Continued																		
Mulberries, black, red, white	100	2/3 to 3/4 cup	62	1.2	.6	14.6	36	48	1.6					12	0		6.0	2.0
Muskmelon - See Cantaloup																		
Nectarines	100	2 medium	60	.5	.1	16.0	4	24	.5	1500	72			24	0		6.2	.4
Olives green, pickled	6.5	1 large	7	.1	.7	.2	5	1	.1	16	tr.	-	-	-	0		1.4	.1
Olives, ripe, Mission	6.5	1 large, 2 small	11	.1	1.2	.1	5	1	.1	4	tr.	tr.	-	-	0		1.4	.1
Olives, ripe, others	6.5	1 large, 2 small	7	.1	.7	.2	5	1	.1	3	tr.	tr.	-	-	0		1.4	.2
Orange, whole, E.P.	100	1 sm., 2-1/2" diam. No. 288's	45	.9	.2	11.2	33	23	.4	(190)	80	30	.2	49	0		5.0	.6
Orange, whole, E.P.	150	1 med., 3" diam., No. 200's	68	1.4	.3	16.8	50	35	.6	(285)	120	45	.3	74	0		7.5	.9
Orange, whole, E.P.	235	1 lg. 3-3/8" diam. No. 126's	106	2.1	.5	26.3	78	54	.9	(447)	188	71	.5	115	0		11.8	1.4
Orange sections	97	1/2 cup	44	.9	.2	10.8	32	22	.4	(180)	75	25	.3	48	0		(3.0)	(.2)
Papayas, raw	100	1/3 medium, 2/5 c. pulp	39	.6	.1	10.0	20	16	.3	1750	30	40	.3	56	0		5.8	.9
Papayas, raw	185	1/2 medium, 1 c. cubes	72	1.1	.2	18.5	37	30	.6	3238	56	74	.6	104	0		10.7	1.7
Passion fruit	100	1/2 cup sc., fresh juice	71	.6	0.	19.1	5	18	.3	570				18	0		8.5	tr.
Peaches, raw	100	1 medium large	46	.5	.1	12.0	8	22	.6	880	20	50	.9	8	0		7.0	.6
Peaches, raw	168	1 cup, sliced	77	.8	.2	20.2	13	37	1.0	1478	34	84	1.5	13	0		11.8	1.0
Peaches, canned, sirup pack	100	2 halves, 1 tbsp. juice	68	.4	.1	18.2	5	14	.4	450	10	20	.7	4	0		8.0	.4
Peaches, canned, water pack	100	2 halves, 1 - 2 tbsp. juice	27	.5	.1	6.8	5	14	.4	450	10	20	.7	4	0		8.2	.3
Peaches, dried sulphured	100	12 medium halves	265	3.0	.6	69.4	44	126	6.9	3250	10	200	5.4	19	0		42.0	3.5
Stewed, sweetened	102	3 - 4 halves, 2 tbsp. juice	122	.8	.2	31.8	12	34	1.8	844	3	51	1.4	4	0		11.2	.9
Peaches, frozen	100	1/2 c. scant	78	.4	.1	20.2	6	15	.4	520	10	30	.5	4	0		6.0	.4
Pears, raw	100	1 medium pear	63	.7	.4	15.8	13	16	.3	20	20	40	.1	4	0		3.3	1.4
Pears, canned, sirup pack	100	2 halves, 1 tbsp. juice	68	.2	.1	18.4	8	10	.2	tr.	10	20	.1	2	0		2.0	.8
Pears, canned, water pack	100	2 halves, 1 tbsp. juice	31	.3	.1	8.2	8	10	.2	tr.	10	20	.1	2	0		2.0	.7
Persimmons, Japanese, Kaki	100	1 persimmon	78	.8	.4	20.0	6	26	.3	2710	50	50	tr.	11	0		7.5	1.9
Pineapple, raw	100	1/2 - 2/3 cup, no sugar	52	.4	.2	13.7	16	11	.3	130	80	20	.2	24	0		6.5	.4
Pineapple, raw	84	1 sl., 3-1/2" diam., 3/4" thick	44	.3	.2	11.5	13	9	.3	110	70	20	.2	20	0		5.5	.3
Pineapple, canned in sirup	130	1/2 cup crushed	102	.5	.2	27.5	38	9	.8	105	100	20	.2	12	0		4.5	.4
Pineapple, canned in sirup	100	1 lg. or 2 sm. sl., 1 tbsp. juice	78	.4	.1	21.1	29	7	.6	80	70	20	.2	9	0		3.5	.3
Pineapple, canned, juice pack	100	1 lg. or 2 sm. sl., 2 tbsp. juice	55	.5	.1	14.5	29	7	.6	80	70	20	.2	9	0		3.7	.3
Pineapple, frozen	100	3 hp. tbsp., 1/2 c. scant	86	.4	.2	22.2	14	10	.3	100	60	20	.2	19	0		3.5	.4
Plantain - baking banana	100	1 banana, 4-3/4" long	119	1.1	.4	31.2	7	30	.7	x	60	40	.6	14	0		6.0	.4
Plums, raw	100	2 medium plums	50	.7	.2	12.9	17	20	.5	350	60	40	.5	5	0		4.8	.5
Plums, canned in sirup*	100	2 medium, 1 to 2 tbsp. juice	76	.4	.1	20.4	8	12	1.1	230	30	30	.4	1	0		2.9	.3
Poha (Hawaiian)	100	1 cup	51	1.9	.1	12.2	8	59	.9	4000	150	-	-	42	0		-	3.4

xThe vitamin A in plantain varies with the color. White fleshed plantain has about 10 I.U. while the deeper yellow varieties have 1200 I.U. per 100 gms.
*Italian prunes - a popular brand in stores.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FRUITS - Continued																		
Pomegranate, raw	100	1 med., pulp and seeds	90	1.5	1.2	20.9	12	37	1.2	-	-	10	.1	5	0		3.5	3.6
Prunes, dried, raw	50	5 lg. or 6 medium	134	1.1	.3	35.5	27	43	1.9	945	50	80	.4	1	0		10.0	.8
Prunes, dried, raw	25	3 med. or 4 small	67	.6	.2	17.8	14	22	1.0	473	25	40	.2	tr.	0		5.0	.4
Prunes, cooked, no sugar	75	4 medium, 2 tbsp. juice	86	.7	.2	22.7	17	27	1.3	545	22	45	.4	tr.	0		6.6	.6
[x]Prunes, cooked with sugar	85	4 to 5 med., 1-1/2 tbsp. juice	119	.7	.2	31.2	17	27	1.3	545	22	45	.4	tr.	0		6.6	.6
[x] Cooked with sugar and lemon	90	4 to 5 med., 1 - 2 tbsp. juice	120	.8	.2	31.6	19	29	1.3	545	24	45	.4	1	0		7.0	.7
Pumpkin, canned	100	3/8 cup	33	1.0	.3	7.9	(20)	(36)	(.7)	3400	20	60	.5	-	0		3.0	1.2
Pumpkin, canned	228	1 cup	76	2.3	.7	18.0	(46)	(82)	(1.6)	7750	40	140	1.2	-	0		6.8	2.7
Raisins, dried	10	1 tablespoon	27	.2	.1	7.2	8	13	.3	5	15	8	.1	-	0		1.5	.2
Raisins, dried	100	5/8 cup	268	2.3	.5	71.5	78	129	3.3	50	150	80	.5	tr.	0		15.0	1.7
Raisins, dried	160	1 cup	429	3.7	.8	113.9	125	206	5.3	80	240	130	.8	tr.	0		24.0	2.7
Raisins, cooked, sweetened	85	1/2 cup sc., juice & lemon	109	1.0	.2	35.9	34	53	1.4	18	45	29	.2	(2)	0		5.2	.7
Raspberries, black, raw	100	2/3 cup	74	1.5	1.6	15.7	40	37	.9	0	20	(70)	(.3)	(24)	0		6.0	6.8
Raspberries, red, raw	100	3/4 cup	57	1.2	.4	13.8	40	37	.9	130	20	(70)	(.3)	24	0		6.0	4.7
Canned, in sirup	100	1/2 cup scant	101	.7	.2	26.8	24	22	.5	70	(8)	40	.2	10	0		3.6	2.8
Canned, juice pack	100	1/2 cup scant	48	.8	.3	12.0	24	22	.6	70	(8)	40	.2	10	0		3.6	2.8
Raspberries, red, frozen	100	1/2 cup scant	98	.8	.3	24.7	28	26	.6	80	10	40	.2	16	0		3.6	3.3
Rhubarb, raw	100	3/4 - 1 cup of cubes	16	.5	.1	3.8	51*	25	.5	30	10	-	.1	9	0		*	.7
Rhubarb, cooked, sweetened	135	1/2 c. fruit and sirup	137	.3	.1	35.1	26*	13	.2	16	2	-	tr.	2	0		*	.4
Rhubarb, frozen	100	1/2 cup scant	138	.3	.1	35.5	31*	15	.3	(40)	(5)	-	tr.	(5)	0		*	.4
Sapodilla or sapote	100	1/2 cup sc., pulp	90	.6	1.1	22.0									0		-	2.4
Strawberries, raw	100	10 large	37	.8	.5	8.3	28	27	.8	60	30	70	.3	60	0		3.5	1.4
Strawberries, raw	150	1 cup	56	1.2	.8	12.5	42	40	1.2	90	45	105	.5	90	0		5.2	2.1
Strawberries, frozen	100	1/2 cup, scant	106	.6	.4	26.6	22	22	.6	40	20	50	.2	41	0		2.6	1.1
Tangerines	100	1 large, 2 small	44	.8	.3	10.9	(33)	(23)	.4	(420)	70	(30)	(.2)	31	0		5.5	1.0
Watermelon	100	1/2 cup cubes or balls	28	.5	.2	6.9	7	12	.2	590	50	50	.2	6	0		3.8	.6
Watermelon	600	1 slice 6" diam. x 1-1/2"	168	3.0	1.2	41.4	42	72	1.2	3540	300	300	1.2	36	0		22.8	3.6
FRUITS STRAINED and CHOPPED For Infants and Juniors																		
Applesauce, Strained	28.35	2 tablespoons	16	.1	.03	4.3	1	1	.2	19	4	8	tr.	tr.	0			.2
Applesauce, Junior	100	7 tablespoons	54	.1	.1	14.6	5	6	.9	72	10	21	.1	(1)	0			.6
Apricot-Applesauce, Str.	28.35	2 tablespoons	18	.1	.1	4.8	2	3	.6	488	5	5	.1	tr.	0			.1
Apricot-Applesauce, Jr.	100	7 tablespoons	65	.4	.2	17.3	7	10	1.8	1944	23	16	.3	1	0			.5
Apricots with Farina, Str.	28.35	2 tablespoons	21	.3	.1	5.4	3	6	.4	473	4	4	.1	(1)	0			.1

[x]Used 1/2 cup sugar to 1 pound of prunes. Deductions of 10 percent for vitamin A and niacin, 30 percent for B_1, 15 percent for B_2 and 50 percent for ascorbic acid were made for cooking losses. Losses may be less if cooking period is short.

*Calcium and base values may not be available due to high oxalic acid content.

Note: Many authorities report that the base values indicated for prunes may not be available to the body.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FRUITS STRAINED and CHOPPED For Infants and Juniors - Continued																		
Peaches, Strained	28.35	2 tablespoons	15	.2	.03	4.0	1	5	.3	163	5	8	.2	(1)	0			.1
Peaches, Junior	100	7 tablespoons	53	.6	.1	14.0	3	15	.5	301	14	29	.9	1	0			.5
Pears, Strained	28.35	2 tablespoons	14	.1	.1	3.5	2	3	.2	16	6	5	.1	tr.	0			.4
Pears with Pineapple, Str.	28.35	2 tablespoons	15	.1	.03	4.1	1	3	.3	42	8	3	.1	tr.	0			.3
Pears and Pineapple, Jr.	100	7 tablespoons	59	.4	.1	15.7	8	10	1.9	24	28	10	.2	(1)	0			1.2
Plums with Tapioca, Str.	28.35	2 tablespoons	27	.1	.03	7.0	2	2	.3	168	12	6	tr.	tr.	0			.1
Plums with Tapioca, Jr.	100	7 tablespoons	100	.4	.1	24.6	7	7	1.2	755	35	21	-	1	0			.2
Prunes, Strained	28.35	2 tablespoons	25	.2	.1	6.6	5	7	1.4	199	6	19	.2	2	0			.2
FRUIT JUICES																		
Apple juice, fresh, canned	31	1 fluid oz., 2 tbsp.	16	.03	0.	4.3	2	3	.2	12	6	9	tr.	tr.	0		1.0	0
Apple juice, fresh, canned	100	3-1/5 fluid oz.	50	.1	0.	13.8	6	10	.5	40	20	30	tr.	1	0		3.0	0
Apple juice, fresh, canned	187	6 fluid oz., 1 glass	94	.2	0.	25.8	11	19	.9	75	37	56	tr.	2	0		5.6	0
Apricot juice	100	3 fluid oz.	44	.5	.4	10.2									0		7.0	0
*Blackberry juice	100	3-1/4 fluid oz.	31	.3	(.0)	7.9				80				tr.	0		5.0	0
*Blueberry juice	100	3-1/4 fluid oz.	54	.1	(.0)	13.8								tr.	0		1.0	0
*Currant juice, black	100	3-1/4 fluid oz.	55	.5	(.0)	13.8	(16)	(13)						62-200	0		(5.0)	0
*Currant juice, red	100	3-1/4 fluid oz.	41	.3	(.0)	10.1	16	13						48	0		(5.0)	0
Grape juice, commercial	100	3 fluid oz.	67	.4	(.0)	18.2	10	10	.3	-	40	50	.2	tr.	0		6.0	0
Grapefruit juice, fresh	100	3-1/4 fluid oz.	36	.5	.1	9.2	8	13	.3	tr.	40	20	.2	40	0		3.0	.1
Grapefruit juice, canned	100	3-1/4 fluid oz. sweetened	52	.5	.1	13.7	8	13	.3	tr.	30	20	.2	35	0		3.0	.1
Grapefruit juice, canned	251	8 fluid oz. sweetened	131	1.3	.3	34.4	20	33	.8	20	80	40	.5	87	0		7.0	.2
Grapefruit juice, canned	100	3-1/4 fluid oz. unsweetened	38	.5	.1	9.8	8	13	.3	tr.	30	20	.2	35	0		3.0	.1
Grapefruit juice, canned	246	8 fluid oz. unsweetened	92	1.2	.2	24.1	20	32	.7	20	70	40	.4	85	0		7.0	.2
XGrapefruit juice, frozen	202	6 oz. can before diluting	297	3.8	.8	77.0	63	103	2.4	60	240	130	1.4	272	0		23.7	.4
XGrapefruit juice, frozen	185	6 oz. after diluting 1:4	74	.9	.2	19.2	16	26	.6	15	60	32	.3	68	0		5.9	tr.
Guava juice, canned	100	3-1/8 fluid oz.	69	.8	(.0)	19.1	6	6	.1					80	0		-	
Lemon juice, fresh	15	1 tbsp.	4	.1	tr.	1.2	2	2	tr.	0	6	tr.	tr.	8	0		.6	0
Lemon juice, fresh	100	1/2 cup scant	24	.4	.2	7.7	14	11	.1	0	40	tr.	.1	50	0		4.0	0
Lemon juice, fresh	246	1 cup, 8 fluid oz.	59	1.0	.5	18.9	34	27	.2	0	110	10	.3	122	0		9.8	0
Lemon juice, canned	15	1 tbsp. unsweetened	4	.1	tr.	1.2	2	2	tr.	0	6	tr.	tr.	6	0		.6	0
Lemon juice, canned	100	1/2 c. sc. unsweetened	24	.4	.2	7.7	14	11	.1	0	40	tr.	.1	42	0		(4.0)	0
XLemon juice, canned	100	3-1/2 oz. concentrate undiluted	116	2.0	1.0	37.5	68	54	.5	(0)	220	20	.7	230	0		(20.0)	.1
Lime juice, fresh	15	1 tablespoon	4	.1	.0	1.2	(2)	(2)	tr.	0	(6)	tr.	tr.	4	0		-	0

*Pasteurized.

XRead labels carefully on cans of frozen and canned concentrated fruit juices. The cans investigated by the author suggest a dilution of 3 parts of water to 1 part of concentrate for frozen juices. In the canned concentrated juices, dilution directions have varied from 3 to 5 parts of water for different brands.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FRUIT JUICES - Continued																		
Lime juice, fresh	100	3-1/4 fluid oz.	24	.4	.0	8.3	(14)	(11)	(.1)	0	(40)	(tr.)	(.1)	27	0			0
*Loganberry juice	100	3-1/4 fluid oz.	41	.6	.0	10.1	6	3	.1					6-26	0		4.0	0
Orange juice, fresh	31	1 fluid oz., 2 tbsp.	14	.2	.1	3.4	6	5	.1	(59)	25	9	.1	15	0		1.6	tr.
Orange juice, fresh	100	3-1/4 fluid oz.	44	.8	.2	11.0	19	16	.2	(190)	80	30	.2	49	0		5.0	.1
Orange juice, fresh	185	6 fluid oz.	81	1.5	.4	20.3	35	30	.4	(352)	148	56	.4	91	0		9.3	.2
Orange juice, fresh	246	8 fluid oz.	108	2.0	.5	27.1	47	39	.5	(460)	190	60	.6	122	0		12.3	.2
Orange juice, canned																		
Sweetened	31	1 fluid oz., 2 tbsp.	17	.2	.1	4.3	3	6	.1	(31)	21	6	.1	13	0		1.6	tr.
Sweetened	100	3-1/4 fluid oz.	54	.6	.2	13.9	10	18	.3	(100)	70	20	.2	42	0		5.0	.1
Sweetened	188	6 fluid oz.	102	1.1	.4	26.1	19	34	.6	(188)	132	38	.4	79	0		9.3	.2
Sweetened	251	8 fluid oz.	135	1.5	.5	34.9	25	45	.8	(250)	180	50	.6	105	0		12.3	.3
Unsweetened	31	1 fluid oz., 2 tbsp.	14	.2	.1	3.4	3	6	.1	(31)	22	6	.1	13	0		1.6	tr.
Unsweetened	100	3-1/8 fluid oz.	44	.8	.2	11.1	10	18	.3	(100)	70	20	.2	42	0		5.0	.1
Unsweetened	185	6 fluid oz.	81	1.5	.4	20.5	19	33	.6	(185)	130	37	.4	78	0		9.3	.2
Unsweetened	246	8 fluid oz.	109	2.0	.5	27.3	25	44	.7	(240)	170	40	.6	103	0		12.3	.2
Orange juice concentrate																		
x Canned	28.35	1 oz. before dilution	65	1.2	.2	16.4	17	25	.5	(140)	100	20	.3	63	0		(7.5)	.1
x Canned	170	6 oz. before dilution	390	7.2	1.2	98.4	102	150	3.0	(840)	600	120	1.8	378	0		(45.0)	.3
x Frozen	202	6 oz. can before dilution	300	5.5	1.4	74.9	69	121	2.0	(670)	480	110	1.5	285	0		(36.0)	.4
x Frozen	185	6 oz. after diluting 1:4	75	1.4	.3	18.7	17	30	.5	(167)	120	27	.4	71	0		(9.0)	.1
Orange-grapefruit blend																		
Canned, sweetened	31	1 fluid oz., 2 tbsp.	16	.2	.03	4.3	3	5	.1	13	16	6	.1	12	0		(1.4)	tr.
Canned, sweetened	100	3-1/8 fluid oz.	52	.5	.1	13.9	9	15	.3	40	50	20	.2	38	0		(4.5)	.1
Canned, unsweetened	31	1 fluid oz., 2 tbsp.	12	.2	.03	3.2	3	5	.1	13	16	6	.1	12	0		(1.4)	tr.
Canned, unsweetened	100	3 1/4 fluid oz.	40	.6	.1	10.4	9	15	.3	40	50	20	.2	38	0		(4.5)	.1
x Frozen concentrate	202	6 oz. can before dilution	297	4.4	.8	76.6	67	111	2.2	330	340	130	1.5	277	0		(40.5)	.4
x Frozen concentrate	185	6 oz. after dilution 1:4	74	1.1	.2	19.1	17	28	.5	82	85	32	.4	69	0		(10.1)	.1
Papaya juice, canned	100	3-1/8 fluid oz.	48	.4	.0	12.1	18	10	.3	2000	15	10	.1	41	0			tr.
Pineapple juice, canned	31	1 fluid oz., 2 tbsp.	15	.1	.03	4.0	5	2	.2	25	16	6	.1	3	0		(.9)	tr.
Pineapple juice, canned	100	3-1/4 fluid oz.	49	.3	.1	13.0	15	8	.5	80	50	20	.2	9	0		(3.0)	.1
Pomegranate juice, canned	100	3-1/4 fluid oz.	85	1.3	1.0	20.1	3	8	.2			100		3	0		3.5	tr.
Prune juice, canned	30	1 fluid oz., 2 tbsp.	21	.1	.0	5.8	(8)	(12)	(.5)	-	9	24	.1	tr.	0			-
Prune juice, canned	100	1/2 cup scant	71	.4	.0	19.3	(25)	(40)	(1.8)	-	30	80	.4	(1)	0			-
*Raspberry juice	100	3-1/4 fluid oz.	41	.2	.0	10.7	24	12	.8	100	20			15	0		(5.0)	tr.

*Pasteurized.

xRead labels carefully on cans of frozen and canned concentrated fruit juices. The cans investigated by the author suggest a dilution of 3 parts of water to 1 part of concentrate for frozen juices. In the canned concentrated juices, dilution suggestions have varied from 3 to 5 parts of water for different brands.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
FRUIT JUICES - Continued																		
Tangerine juice, fresh	100	3 1/4 fl. oz.	39	.9	.3	9.2	19	16	(.2)	(420)	70	(30)	.2	31	0		(5.0)	-
Canned, unsweetened	100	3 1/4 fl. oz.	39	.9	.3	9.2	19	16	.2	(420)	(60)	(30)	(.2)	(26)	0		(5.0)	-
Tomato juice, canned	31	1 fluid oz., 2 tbsp.	7	.3	.1	1.3	(2)	(5)	(.1)	326	16	9	.2	5	0		1.6	.1
Tomato juice, canned	100	1/2 cup scant	21	1.0	.2	4.3	(7)	(15)	(.4)	1050	50	30	.8	16	0		5.0	.2
Tomato juice, canned	242	8 fluid oz.	50	2.4	.5	10.4	(17)	(36)	(1.0)	2540	120	70	1.8	38	0		12.1	.5
MEATS, COOKED and RAW																		
*Bacon, medium. broiled, fried	7	1 strip, drained, 6"	48	1.8	4.4	.2	3	22	.2	(0)	40	22	.3	0	0	(1.5)		0
*Bacon, medium, broiled, fried	23	3 strips, drained, 6"	147	5.4	13.5	.5	9	66	.6	(0)	137	65	1.0	0	0	(4.5)		0
* Raw, slab or sliced	20	1 slice, 10" long	126	1.8	13.0	.2	3	22	.2	(0)	76	24	.4	0	0	1.8		0
* Raw, slab or slice	100	4 to 5 slices	630	9.1	65.0	1.1	13	108	.8	(0)	380	120	1.9	0	0	9.0		0
*Bacon, canned	100	4 to 5 slices	692	8.7	72.4	.6	15	94	1.4	(0)	240	100	1.5	0	0	8.5		0
Bacon, Canadian, cooked	23	1 slice, 2 1/4" diam.x 3/16"	57	6.6	3.1	.1	4	63	1.0	(0)	164	67	1.4	0	0	3.8		0
Bacon, Canadian, raw	30	1 slice, 2 1/2" diam.x 1/4"	69	6.6	4.5	(.1)	4	63	1.0	(0)	273	75	1.6	0	0	3.8		0
Bacon, Canadian, raw	100	3 sl., 2 1/2"diam.x 1/4"	231	22.1	15.0	(.3)	13	210	3.3	(0)	910	250	5.2	0	0	12.8		0
Beef, brisket, raw	100	3 pc., 2"x1"x1"	338	15.8	30.0	0.	9	170	2.4	(0)	100	130	4.4	0	0	10.0		0
xBeef, chuck, pot roasted	30	1 slice, 2"x1 1/2"x1/2"	93	7.8	6.6	0.	3	35	.9	(0)	15	60	1.2	0	0	5.6		0
xBeef, chuck, pot roasted	80	1 pc., 4"x1 1/2"x1"	247	20.8	20.8	0.	9	94	2.5	(0)	40	160	3.3	0	0	15.0		0
Beef, chuck, raw	100	1 pc., 4"x2"x1"	224	18.6	16.0	0.	11	167	2.8	(0)	80	170	4.5	0	0	14.0		0
Beef, corned, canned	30	1 slice, 3"x2 1/4"x1/4"	65	7.6	3.6	0.	6	32	1.3	(0)	6	72	1.0	0	0	5.5		0
Beef, corned, canned	100	3 slices, 3"x2 1/2"x1/4"	216	25.3	12.0	0.	20	106	4.3	(0)	20	240	3.4	0	0	18.3		0
Beef, corned, canned hash	100	1 sm. serv., 1/2 cup	141	13.7	6.1	7.2	26	146	1.3	trace	30	140	2.9	0	0	4.3		0
Beef, corned, raw, med. fat	100	1 slice, 4"x2"x1"	293	15.8	25.0	0.	9	125	2.4	(0)	30	150	1.7	0	0	11.8		0
Beef, dried or chipped	30	2 thin slices, 4"x5"	61	10.3	1.9	0.	6	121	1.5	(0)	(21)	(90)	(1.1)	0	0	7.7		0
Beef, dried or chipped	100	5 to 6 slices, 4"x5"	203	34.3	6.3	0.	20	404	5.1	(0)	(70)	(320)	(3.8)	0	0	25.7		0
Beef, dried, creamed	120	1/2 c.sc., 3 serv. from 4 oz.	209	16.1	13.1	6.1	106	232	2.1	437	68	268	1.6	(0)	2	8.3		0
xBeef, flank, cooked	80	1 pc., 4"x2 1/2"x1/2"	251	20.0	18.4	0.	9	94	2.4	(0)	40	160	3.3	0	0	17.3		0
Beef, flank, raw	100	1 pc., 4"x3 1/2"x1/2"	247	19.9	18.0	0.	12	186	3.0	(0)	90	180	4.8	0	0	17.5		0
Beef, hamburger, cooked	50	1 sm. patty (beef round)	118	12.9	7.1	0.	7	117	1.9	(0)	38	102	2.6	0	0	10.4		0
Beef, hamburger, av., cooked	68	1 med. patty (5 from 1 lb.)	246	14.6	20.4	0.	8	116	2.2	0	43	115	3.0	0	0	10.9		0
Beef, hamburger, av., cooked	82	1 lg. patty (4 from 1 lb.)	300	18.2	24.6	0.	11	145	2.7	0	54	144	3.7	0	0	13.6		0
Beef, hamburger in bun	96	1 average, plain	332	17.1	21.9	15.4	23	143	2.4	0	63	145	3.3	0	0	11.9		0
Beef, hamburger, raw	100	3 1/2 oz.	321	16.0	28.0	0.	9	128	2.4	(0)	70	140	3.8	0	0	14.0		0

*Bacon varies greatly in size of slices. Slab bacon sliced at home usually is thicker per slice than commercially sliced or canned bacon. Shrinkage in length of slices and weight of broiled or pan broiled or pan fried bacon also varies greatly with temperature used in cooking, degree of browning and crispness and whether bacon is drained after cooking.

xThe tougher cuts of meat which require moist heat to tenderize them, as pot roasting, braising, stewing, lose minerals and vitamins in the cooking water. Use of drippings or gravy with meat may increase thiamine by 50 per cent and riboflavin by 25 per cent.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
MEATS, COOKED and RAW - Continued																		
*Beef hash, cooked	225	1 cup, a lg. serving	290	21.7	9.9	28.7	28	171	2.9	30	150	218	4.6	21	0		.8	.6
xBeef, plate, braised	97	4 pcs., 1 1/2"x1"x1", gravy	334	19.0	(28.0)	0.	11	204	2.9	(0)	34	109	1.4	0	0	14.4		0
Beef, plate, raw	100	3 pcs., 2"x1 1/2"x1"	338	15.8	30.0	0.	9	170	2.4	(0)	70	140	3.9	0	0	12.0		0
Beef, porterhouse, broiled	85	1 sm. serving, with gravy	291	19.6	23.0	0.	9	145	2.6	(0)	51	153	4.0	0	0	15.7		0
Beef, porterhouse, broiled	150	1 lg. steak, with gravy	513	34.5	100.5	0.	17	255	4.5	(0)	90	270	7.1	0	0	27.7		0
Raw with bone	100	3 1/2 oz.	255	14.1	21.6	0.	9	115	2.2	(0)	62	127	3.4	0	0	11.3		0
Raw without bone	100	1 pc., 4"x2"x1"	296	16.4	25.0	0.	10	134	2.5	(0)	70	150	3.9	0	0	13.0		0
Beef, rib, roasted	30	1 sl., 3"x2 1/4"x1/4"	96	7.2	7.2	0.	3	56	.9	(0)	18	54	1.9	0	0	5.3		0
Beef, rib, roasted	90	3 sl., 3"x2 1/4"x1/4"	287	21.6	21.6	0.	9	167	2.7	(0)	54	162	3.9	0	0	16.0		0
Beef, roast, canned	30	1 sl., 3"x2 1/4"x1/4"	67	7.5	3.9	0.	5	35	.7	(0)	6	69	1.3	0	0	5.6		0
Beef, roast, canned	100	3 sl., 3"x2 1/2"x1/4"	224	25.0	13.0	0.	16	116	2.4	(0)	20	230	4.2	0	0	18.5		0
Rib roast, raw with bone	100	3 1/2 oz.	224	13.8	18.3	0.	8	118	2.0	(0)	59	123	3.3	0	0	11.7		0
Raw, without bone	100	3 1/2 oz.	282	17.4	23.0	0.	10	149	2.6	(0)	70	150	4.2	0	0	13.0		0
Beef, round, cooked	35	1 pc., 4"x1"x1/4" cubed	82	9.4	4.5	0.	4	78	1.2	(0)	28	77	1.9	0	0	7.2		0
Beef, round, cooked	92	1 pc., 4"x3"x3/8" cubed	214	24.7	12.0	0.	10	206	3.1	(0)	74	202	5.1	0	0	19.0		0
Round, raw, with bone	100	3 1/2 oz.	164	17.6	9.9	0.	10	162	2.6	(0)	75	126	4.2	0	0	13.3		0
Round, raw, without bone	100	1 pc., 3"x2"x1/2"	182	19.5	11.0	0.	11	180	2.9	(0)	80	170	4.7	0	0	15.0		0
xBeef, rump, pot roasted	85	1 sl., 5"x3 1/2"x1/4"	320	17.8	27.2	0	7	72	2.1	(0)	34	128	2.6	0	0	13.1		0
Rump, raw, with bone	100	3 1/2 oz.	238	12.0	20.7	0	7	97	.5	(0)	53	106	2.9	0	0	8.9		0
Rump, raw, without bone	100	1 pc., 4"x3"x3/8"	322	16.2	28.0	0.	9	131	2.4	(0)	70	140	3.9	0	0	12.0		0
Beef shank (soup meat)	100	1 pc., 3"x2 1/2"x5/8"	168	20.3	9.0	0.	12	219	3.0	(0)	(100)	(150)	(5.0)	0	0	15.0		0
Beef, steak, club, broiled	120	1 lg. pc. steak	410	27.6	32.4	0.	13	204	3.6	(0)	72	216	5.6	0	0	21.7		0
Sirloin, broiled, no bone	35	1 pc., 4"x1"x1"	104	8.1	7.7	0.	4	63	1.0	(0)	21	67	1.7	0	0	6.7		0
Sirloin, broiled, no bone	85	1 pc., 4"x2 1/4"x1"	252	19.6	18.7	0.	9	149	2.5	(0)	51	161	4.1	0	0	16.3		0
Beef, sirloin, raw, with bone	100	3 1/2 oz.	230	15.6	18.1	0.	9	132	2.3	(0)	66	139	3.7	0	0	13.0		0
xBeef stew with potatoes, carrots, onions, gravy	485	3 oz. chuck, 2 sm. potatoes, 1 sm. carrot, 1 onion	529	28.1	19.6	56.1	86	278	5.0	5590	255	280	5.5	(20)	0		17.5	2.4
Beef, tongue, medium, cooked	60	3 sl., 3"x2"x1/8"	160	11.6	12.2	.2	4	(100)	(1.5)	(0)	(30)	(130)	(1.5)	0	0	8.3		0
Beef, tongue, medium, raw	100	3 sl., 3"x2"x1/4"	207	16.4	15.0	.4	9	187	2.8	(0)	120	290	5.0	(0)	0	11.8		0
Beef, tongue, potted, deviled	20	1 r. tbsp.	58	3.7	4.6	.1	(3)	(24)	(.6)	(0)	-	-	-	0	0	2.0		0
Brains, all kinds, raw	100	2 pc., 2 1/2"x1 1/2"x7/8"	125	10.4	8.6	.8	16	330	3.6	0	230	260	4.4	18	(0)	16.0		0
Chili con carne (no beans)	100	1/2 c. sc., canned, 60% meat	200	10.3	14.8	5.8	38	152	1.4	150	20	120	2.2	-	0	-		.2
Deviled meat	20	1 r. tbsp.	50	2.8	4.0	tr.	1	10	.2	(0)	-	-	-	0	0	-		0
Frankfurter, cooked	50	1 av., 5 1/2" long x 3/4" diam.	124	7.0	10.0	1.0	3	25	.6	(0)	80	90	1.2	0	0	5.5		-

* Used 150 gms. potato and 75 gms. cooked beef.

X Losses of B vitamins are high in braised and stewed meats. Deductions of 60 percent for thiamine, 35 percent for riboflavin and 50 percent for niacin were made for braised and stewed meats. If drippings and gravy are not used losses may be higher.

The size of servings of meat varies greatly in homes and institutions. For sandwiches and portions for young children, 20 to 40 grams are common amounts. For older children and adults, 60 to 120 grams are common servings.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
MEATS																		
Frog legs, fried(See page 26)	144	6 large legs	418	25.8	28.6	12.2	28	231	2.0	0	168	352	1.8	-	0	19.1		0
Ham, fresh, cooked	30	1 sl., 4"x 2 1/2"x1/8"	120	7.2	9.9	0.	3	71	.9	0	159	72	1.4	0	0	4.6		0
Ham, fresh, cooked	60	2 sl., 4"x 2 1/2"x1/8"	240	14.4	19.8	0.	7	143	1.9	0	318	144	2.8	0	0	9.1		0
Ham, fresh, cooked	85	2 sl., 4"x 3" x 1/8"	340	21.4	28.1	0.	9	202	2.6	0	451	204	4.0	0	0	12.9		0
Ham, fresh, raw	100	1 pc., 4"x 3 1/2"x3/8"	344	15.2	31.0	0.	9	168	2.3	(0)	740	180	4.0	0	0	12.8		0
Ham, deviled	20	1 rounded tbsp.	94	3.8	8.6	tr.	2	40	.3	(0)	(108)	(42)	(.8)	0	0	3.0		0
Ham, smoked, cooked	30	1 sl., 4"x 2 1/2"x1/8"	119	6.9	9.9	(.1)	3	50	.9	(0)	162	63	1.3	0	0	4.6		0
Ham, smoked, cooked	60	2 sl., 4"x 2 1/2"x1/8"	238	13.8	19.8	(.2)	6	100	1.7	(0)	324	126	2.5	0	0	9.1		0
Ham, smoked, cooked	100	3 sl., 4 3/4"x 4"x3/8"	397	23.0	33.0	(.4)	10	166	2.9	(0)	540	210	4.2	0	0	15.2		0
Ham, smoked, med. fat, raw	100	1 pc., 4 1/4"x 4"x3/8"	389	16.9	35.0	(.3)	10	136	2.5	(0)	700	190	4.0	0	0	12.8		0
*Ham, spiced, canned	43	1 slice, 3 1/4"x 2 1/2"x1/4"	124	6.4	10.4	.6	4	69	.9	(0)	138	95	1.2	0	0	5.2		.1
Ham, spiced, canned	100	2 1/3 sl., 3 1/4"x2 1/2"x1/4"	289	14.9	24.3	1.5	9	161	2.2	(0)	320	220	2.8	0	0	(12.0)		.2
Hamburger, See Beef																		
xHeart, aver., braised	105	1/3 heart with gravy	130	20.3	4.4	.8	11	244	5.5	(30)	278	694	5.7	0	0	26.5		0
Heart, beef, lean, raw	100	1/3 heart, 3" diam. x 3 1/4"	108	16.9	3.7	.7	9	203	4.6	30	580	890	7.8	6	0	20.5		0
Heart, chicken, raw	100	9 to 10 av. hearts	157	20.5	7.0	1.6	23	142	1.7	30	120	910	5.2	6	0	(20.0)		0
Heart, pork, raw	100	1/3 heart, 3" diam. x 3"	117	16.9	4.8	.4	35	132	2.7	30	430	1240	6.0	6	0	(20.0)		0
xKidney, aver., stewed	93	3 sl., 3 1/4" x 2 1/2"x1/4"	169	18.0	9.7	1.1	11	265	9.5	1242	178	1989	3.8	0	0	18.4		0
Kidney, raw, beef	100	3 sl., 3"x 2 1/2"x1/4"	141	15.0	8.1	.9	9	221	7.9	1150	370	2550	6.4	13	(0)	15.3		0
Kidney, raw, pork	100	3 sl., 3"x 2 1/2"x1/4"	114	16.3	4.6	.8	11	246	8.0	130	580	1740	9.8	13	(0)	15.3		0
Kidney, sheep	100	3 sl., 3"x 2 1/2"x1/4"	105	16.6	3.3	1.0	13	237	9.2	(1150)	510	2420	7.4	13	(0)	15.3		0
Lamb, breast, stewed	95	6 pc., 2"x1"x3/8"	274	15.6	(23.0)	0.	10	112	2.4	(0)	58	125	2.3	0	0	14.1		0
Lamb, breast, raw	100	6 pc., 2"x1 1/4"x1/2"	414	13.0	39.8	0.	8	93	2.0	(0)	120	160	3.8	0	0	11.8		0
Lamb, chop, rib, cooked	35	1 chop, fried	128	7.9	(10.5)	0.	4	69	1.1	(0)	45	80	1.9	0	0	6.5		0
Lamb, chop, rib, raw	100	2 chops, 3/4" thick	356	14.9	32.4	0.	9	138	2.2	(0)	130	180	4.3	0	0	14.0		0
Lamb, chop, shoulder, cooked	90	1 chop, fried	215	18.5	15.1	0.	9	200	2.6	(0)	120	200	4.5	0	0	13.0		0
Lamb, chop, shoulder, raw	120	1 chop, 4"x3"x1/2"	354	18.7	30.4	0.	10	215	2.7	(0)	170	230	5.3	0	0	13.8		0
Lamb, ground, cooked	50	1 patty, 2" diam.x1/2"	130	8.2	10.5	0.	4	90	1.0	(0)	85	150	2.7	0	0	6.5		0
Lamb, leg, roasted	30	1 sl., 3"x 2 3/4"x1/8"	82	7.2	5.7	0.	3	77	.9	(0)	42	75	1.5	0	0	5.6		0
Lamb, leg, roasted	75	2 sl., 3"x 3 1/4"x1/8"	206	18.0	14.2	0.	8	194	2.3	(0)	105	188	3.8	0	0	13.9		0
Lamb, leg roast, raw	100	1 pc., 4"x 3"x3/8"	235	18.0	17.5	0.	10	213	2.7	(0)	160	220	5.2	0	0	14.0		0
Lamb, shoulder, roasted	30	1 slice, 3"x 2 3/4"x1/8"	103	6.3	8.4	0.	3	56	.8	(0)	36	66	1.4	0	0	4.7		0
Lamb, shoulder, roasted	75	2 sl., 3"x 3 1/2"x1/8"	257	15.8	20.4	0.	7	140	2.0	(0)	90	165	3.5	0	0	11.8		0
Lamb, shoulder, roast, raw	100	1 pc., 4"x 3"x1/2"	295	15.6	25.3	0.	9	155	2.3	(0)	140	190	4.5	0	0	11.8		0

* 8slices from 1 can weighing 12 oz.
x All values would be lower if the water left from cooking were not used with the meat as gravy or juice.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
MEATS																		
Liver, beef, fried	37	1 sl., 3"x 2 1/4"x3/8"	86	8.8	2.9	5.6	4	156	2.9	18658	90	1283	5.1	(10)	19	12.4		0
*Liver, beef, fried	74	2 sl., 3"x 2 1/4"x3/8"	172	17.5	5.8	11.2	7	311	5.8	37315	179	2566	10.1	(20)	38	24.7		0
Liver, beef, raw	100	2 sl., 3"x 2 1/2"x1/2"	136	19.7	3.2	6.0	7	358	6.6	43900	260	3330	13.7	31	45	26.2		0
Liver, calf, cooked	36	1 sl., 3"x 2 1/4"x3/8"	74	8.1	3.6	1.7	3	146	4.5	9565	63	1193	5.9	(8)	5	11.9		0
*Liver, calf, cooked	72	2 sl., 3"x 2 1/4"x3/8"	147	16.2	7.2	3.4	5	292	9.0	19130	126	2385	11.7	(15)	10	23.8		0
Liver, calf, raw	100	2 sl., 3"x 2 1/2"x1/2"	141	19.0	4.9	4.0	6	343	10.6	22500	210	3120	16.1	36	15	28.0		0
Liver, chicken, cooked	30	1 med. lg. liver	74	8.8	3.6	1.0	6	96	3.0	12880	56	886	4.7	(4)	20	-		0
Liver, chicken, raw	100	2 lg., 3 sm.(12 av. to 1 lb.)	141	22.1	4.0	2.6	16	240	7.4	32200	200	2460	11.8	20	50	-		0
Liver, lamb, fried	37	1 sl., 3"x 2 1/4"x3/8"	86	9.3	3.2	4.3	4	158	5.5	21465	131	1265	6.2	(7)	9	12.3		0
*Liver, lamb, fried	74	2 sl., 3"x 2 1/4"x3/8"	172	18.6	6.4	8.6	8	316	10.9	42930	262	2530	12.4	(14)	17	24.5		0
Liver, lamb, raw	100	2 sl., 3"x 2 1/2"x1/2"	136	21.0	3.9	2.9	8	364	12.6	50500	400	3280	16.9	33	20	28.0		0
Liver, pork, fried	37	1 sl., 3"x 2 1/4"x3/8"	85	8.8	3.6	3.8	5	158	7.8	6035	126	1148	6.2	(5)	19	12.3		0
*Liver, pork, fried	74	2 sl., 3"x 2 1/4"x3/8"	170	17.5	7.2	7.5	9	315	15.5	12070	252	2296	12.3	(10)	38	24.5		0
Liver, pork, raw	100	2 sl., 3 1/4"x 2 1/4"x1/2"	134	19.7	4.8	1.7	10	362	18.0	14200	400	2980	16.7	23	45	28.0		0
Liver loaf, (1/2 gr. beef)	72	1 sl., 4"x 3"x3/8"	161	10.7	8.6	9.4	21	145	2.6	11106	80	817	4.1	(0)	10	10.1		tr.
Liver sausage - See Sausage																		
Liver spread	20	1 rounded tbsp.	51	3.5	4.0	.2	-	-	-	-	-	-	-	-	-	-		(0)
Liverwurst - See Sausage																		
Luncheon meat - See Sausage																		
Meat, croquette, beef	85	1 med., 3 1/4"x1 3/4" diam.	204	9.4	14.5	8.4	59	77	1.1	141	30	145	1.1	(0)	tr.	5.9		tr.
Meat, gravy, brown	18	1 tablespoonful	41	.3	3.5	2.0	tr.	(2)	(.1)	0	(10)	(7)	tr.	-	0	.2		0
Meat loaf, beef and pork	70	1 sl., 4"x3"x3/8"	264	10.4	19.2	11.5	26	99	1.7	50	118	111	2.0	(0)	2	7.7		tr.
Mutton - See Lamb																		
Pate de foie gras	20	1 rounded tbsp.	84	2.7	7.6	.9	-	-	-	-	-	-	-	(0)	-	-		(0)
Pork, chop, loin, fried	45	1 small chop	150	10.4	11.7	0.	5	105	1.4	(0)	374	108	2.3	(0)	0	7.0		0
Pork, chop, loin, fried	70	1 medium chop	233	16.1	18.2	0.	8	165	2.1	(0)	580	168	3.5	(0)	0	11.0		0
Pork, chop, loin, raw	100	1 chop, 3 1/2" x 3" x 3/4"	296	16.4	25.0	0.	10	186	2.5	(0)	800	190	4.3	(0)	0	11.0		0
Chop, shoulder, fried	80	1 medium lg. chop	310	17.4	26.1	0.	12	188	2.6	(0)	588	173	3.6	0	0	12.0		0
Chop, shoulder, raw	100	1 chop, 3 1/2" x 3" x 3/4"	357	14.5	32.7	0.	8	157	2.2	(0)	700	170	3.8	0	0	10.0		0
Pork, ham - See Ham																		
Pork, loin, roasted	30	1 sl., 3" x 2 1/2" x 1/4"	100	6.9	7.8	0.	3	71	.9	(0)	249	72	1.5	0	0	5.0		0
Pork, loin, roasted	80	2 sl., 3 1/2" x 3" x 1/4"	266	18.4	20.8	0.	9	188	2.4	(0)	664	192	4.0	0	0	13.0		0
Pork, loin, raw	100	1 sl., 4 1/2" x 4" x 3/8"	296	16.4	25.0	0.	10	186	2.5	(0)	800	190	4.3	0	0	11.0		0
Pork, salt, fat, raw	100	2 sl., 4" x 2" x 3/8"	783	3.9	85.0	0.	tr.	tr.	.6	(0)	(180)	(40)	(.9)	0	0	-		0

*Three ounces (85 gms.) of raw liver E.P. was dipped lightly in seasoned flour and cooked quickly in fat. This is a common method in many homes and institutions for beef, lamb and pork liver. No flour was used in cooking calf liver or chicken liver. Cooking losses of 30 percent for B_1, 10 percent for B_2 and 15 percent for niacin were deducted for all kinds of liver. If liver is blanched before cooking losses may be larger.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
MEATS																		
Pork, salt, medium, fried	50	2 sl., 3"x 1 1/2"x1/4"	341	6.0	35.0	0.	4	60	.8	(0)	(140)	(50)	(1.0)	0	0	-		0
Pork, salt, medium, raw	100	2 sl., 4"x 2"x3/8"	712	6.2	76.0	0.	4	67	.9	(0)	286	64	1.4	0	0	-		0
Pork, sausage - See Sausage																		
Pork, shoulder, roasted	40	1 sl., 4"x 2"x1/4"	160	9.6	13.2	0.	5	95	1.0	(0)	296	72	1.6	0	0	6.9		0
Pork, shoulder, roasted	80	2 sl., 4"x 2"x1/4"	320	19.2	26.4	0.	9	190	2.0	(0)	592	144	3.2	0	0	13.9		0
Pork, shoulder, raw	100	1 pc., 4 1/2"x 3 1/2"x1/2"	344	15.2	31.0	0.	9	168	2.3	(0)	740	180	4.0	0	0	11.0		0
Pork, spareribs, roasted	45	Meat from 3 average ribs	123	7.7	(10.0)	0.	4	80	1.1	(0)	200	75	1.4	0	0	5.7		0
Pork, spareribs, roasted	90	Meat from 6 average ribs	246	15.4	(20.0)	0.	8	160	2.2	(0)	400	150	2.8	0	0	11.4		0
Pork, spareribs, raw A. P.	100	3 to 4 small ribs and meat	209	8.8	19.0	0.	5	92	1.3	(0)	555	108	1.9	(0)	0	6.6		0
Sweetbreads, average	100	1/2 pair, medium	184	15.2	13.2	0.	10	400	1.2	17	40	400	3.1	44	(0)	12.0		0
*Tongue, av., canned, cooked	60	3 sl., 3"x 2"x1/8"	160	11.6	12.2	.2	4	(100)	(1.5)	(0)	(30)	(130)	(1.5)	0	0	8.3		0
Tripe, beef	85	1 pc., 5"x 2 1/2"	84	16.2	1.7	0.	59	112	.8	(0)	9	77	1.4	(0)	0	6.8		0
Veal, breast, stewed	80	4 pc., with gravy	167	18.0	10.0	0.	11	185	2.8	(0)	56	162	3.1	0	0	15.0		0
Veal, breast, raw	100	4 pc., 2 1/2"x 1"x1"	223	18.5	16.0	0.	11	185	2.8	(0)	140	250	6.2	0	0	15.0		0
Veal, chop, loin, fried	85	1 medium chop	186	21.8	9.4	0.	10	219	3.0	(0)	110	265	6.7	0	0	14.0		0
Veal, chop, loin, raw	100	1 chop, 1/2" thick	181	19.2	11.0	0.	11	207	2.9	(0)	140	260	6.5	0	0	13.0		0
Veal, cutlet, breaded	92	1 av. serving, baked	217	23.8	9.4	8.0	22	220	3.0	(0)	102	256	6.5	0	0	16.5		0
Veal, cutlet, raw	100	1 pc., 4"x2 1/2"x1/2"	164	19.5	9.0	0.	11	200	2.9	(0)	140	260	6.5	0	0	13.5		0
Veal, leg, roasted	30	1 sl., 3"x 2"x1/8"	70	8.4	3.8	0.	4	76	1.1	(0)	40	95	2.4	0	0	4.5		0
Veal, leg, roasted	80	2 sl., 3"x 2"x1/8"	186	22.4	10.0	0.	10	206	2.9	(0)	100	240	6.3	0	0	15.0		0
Veal, leg, raw	100	1 sl., 4"x 2 1/2"x1/2"	190	19.1	12.0	0.	11	190	2.7	(0)	140	260	6.5	0	0	13.5		0
Veal, shoulder, roasted	30	1 sl., 3 1/2"x 2"x1/8"	68	8.4	3.6	0.	4	77	1.1	(0)	39	93	2.4	0	0	4.6		0
Veal, shoulder, roasted	70	2 sl., 3 1/2"x 2"x1/8"	160	19.6	8.4	0.	8	181	2.5	(0)	91	217	5.5	0	0	15.2		0
Veal, shoulder, raw	100	1 sl., 5"x 3 1/2"x1/2"	173	19.4	10.0	0.	11	199	2.9	(0)	140	260	6.5	0	0	15.0		0
Veal, stew, carrots, onions	119	1/2 cup	121	8.8	7.8	3.6	16	96	1.5	1627	34	83	1.5	(0)	0	2.1		.3
Veal, stew, carrots, onions	238	1 cup	242	17.6	15.6	7.1	32	191	2.9	3253	68	165	2.9	(0)	0	4.2		.6
Veal, stew meat, raw	100	4 pc., 2 1/2"x 1"x1"	231	18.3	17.0	0.	11	182	2.7	(0)	130	240	6.1	0	0	15.0		0
MEATS, Chopped, Diced or Strained for Infants and Juniors																		
Beef, diced	50	1/2 of 3 1/2 oz. can	68	11.6	2.1	0.	5	105	1.7	(0)	9	163	2.4	0	0	(9.5)		0
Beef, diced	100	1 can, 3 1/2 oz.	136	23.1	4.1	0.	10	210	3.3	(0)	17	326	4.7	0	0	(19.0)		0
Beef, strained	28.35	1 oz., 2 tablespoons	30	4.9	1.0	0.	3	43	1.2	(0)	3	62	.9	0	0	(4.5)		0
Beef, strained	100	1 can, 3 1/2 oz.	105	17.4	3.4	0.	11	150	4.2	(0)	10	220	3.3	0	0	(16.0)		0
Heart, diced	50	1/2 of 3 1/2 oz. can	61	8.7	2.6	-	8	110	2.4	(0)	78	534	2.2	0	0	(10.0)		0

* See Beef, tongue for other values.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
MEATS, Chopped, Diced or Strained for Infants and Juniors - Continued																		
Heart, diced	100	1 can, 3 1/2 oz.	120	17.3	5.1	-	15	220	4.8	(0)	156	1067	4.4	(0)	0	(20.0)		0
Heart, strained (calf)	28.35	1 oz., 2 tablespoons	23	3.8	.7	tr.	3	43	1.0	-	17	232	1.3	(0)	0	(4.8)		0
Heart, strained (calf)	100	1 can, 3 1/2 oz.	81	13.4	2.5	.2	12	150	3.6	-	60	820	4.5	(0)	0	(17.0)		0
Lamb, diced	50	1/2 of a 3 1/2 oz. can	68	9.1	3.2	0.	9	90	1.2	(0)	21	144	2.7	0	0	(7.0)		0
Lamb, diced	100	1 can, 3 1/2 oz.	135	18.2	6.3	0.	18	180	2.4	(0)	42	287	5.3	0	0	(14.0)		0
Lamb, strained	28.35	1 oz., 2 tablespoons	30	4.4	1.3	0.	5	48	.7	(0)	9	74	1.1	0	0	(3.4)		0
Lamb, strained	100	1 can, 3 1/2 oz.	107	15.6	4.5	0.	16	170	2.3	(0)	30	260	4.0	0	0	(12.0)		0
Liver, diced	50	1/2 of a 3 1/2 oz. can	66	9.4	2.6	(.5)	15	115	3.6	(9500)	15	1100	3.6	0	(8)	(14.0)		0
Liver, diced	100	1 can, 3 1/2 oz.	131	18.7	5.2	(1.0)	30	330	7.2	(19000)	30	2200	7.1	0	(15)	(28.0)		0
Liver, strained	28.35	1 oz., 2 tablespoons	31	4.5	1.1	.3	7	79	2.0	5443	11	607	1.8	-	(4)	(6.8)		0
Liver, strained	100	1 can, 3 1/2 oz.	108	16.0	3.9	1.0	24	278	7.1	19200	40	2140	6.4	-	(15)	(24.0)		0
Pork, diced	50	1/2 of a 3 1/2 oz. can	80	11.1	3.6	0.	7	100	.8	(0)	226	119	1.8	0	0	(7.3)		0
Pork, diced	100	1 can, 3 1/2 oz.	158	22.1	7.1	0.	14	200	1.5	(0)	452	238	3.7	0	0	(14.6)		0
Pork, strained	28.35	1 oz., 2 tablespoons	36	4.8	1.7	0.	4	51	.5	(0)	99	79	1.3	0	0	(3.4)		0
Pork, strained	100	1 can, 3 1/2 oz.	127	17.1	6.0	0.	14	180	1.7	(0)	350	280	4.7	0	0	(12.0)		0
Veal, diced	50	1/2 can, 3 1/2 oz.	53	10.2	1.1	0.	6	105	.8	(0)	26	175	3.2	0	0	(7.5)		0
Veal, diced	100	1 can, 3 1/2 oz.	106	20.4	2.1	0.	11	210	1.6	(0)	52	350	6.3	0	0	(15.0)		0
Veal, strained	28.35	1 oz., 2 tablespoons	24	4.5	.5	0.	4	48	.5	(0)	9	85	1.6	0	0	(3.4)		0
Veal, strained	100	1 can, 3 1/2 oz.	84	16.0	1.7	0.	14	169	1.6	(0)	30	300	5.5	0	0	(12.0)		0
MEAT, SAUSAGE and Similaar Products																		
Beef and pork, fresh link	60	1 pc., 2 1/4"x1 1/2" diam.	252	6.8	24.7	0.	4	73	1.0	(0)	-	-	-	0	0	(5.0)		0
Blood sausage and pudding	60	1 link or 1 sl.,3"x3"x1/8"	226	8.9	20.8	0.	(5)	(96)	(1.3)	(0)	-	-	-	0	0	-		0
Bologna	30	1 sl., 4 1/2" diam.x1/8"	66	4.4	4.8	1.1	(3)	(34)	.7	(0)	54	57	.8	0	0	3.2		0
Bologna	60	2 sl. or 1 pc. 1 1/2" diam.x2"	133	8.9	9.5	2.2	(5)	(67)	1.3	(0)	108	114	1.6	0	0	6.5		0
Bologna	100	3 1/3 sl., 4 1/2" diam.x1/8"	221	14.8	15.9	3.6	(9)	(112)	2.2	(0)	180	190	2.7	0	0	10.8		0
Cervelat, all types	30	1 sl., 3 3/4" diam. x 3/16"	125	7.1	10.5	0.	4	84	1.1	(0)	(80)	(90)	1.2	0	0	5.4		0
Frankfurter, cooked	50	1 average	124	7.0	10.0	1.0	3	25	.6	(0)	80	90	1.2	0	0	5.5		(0)
Frankfurter, cooked	100	2 average	248	14.0	20.0	2.0	6	49	1.2	(0)	160	180	2.5	0	0	11.0		(0)
Frankfurter, raw	100	2 average (7 to 9 per lb.)	257	14.2	20.5	2.7	8	100	1.5	(0)	180	(190)	2.8	0	0	11.0		(0)
Head cheese	60	1 sl., 4"x 3"x1/8"	148	9.0	12.2	0.	6	96	1.4	(0)	48	72	.7	0	0	7.0		(0)
Liver sausage, liverwurst	30	1 sl., 3" diam. x 1/4"	79	5.0	6.2	.5	3	71	1.6	1725	51	336	1.4	(0)	(5)	6.9		(0)
Liver sausage, liverwurst	100	3 1/3 sl., 3" diam. x 1/4"	263	16.7	20.6	1.5	9	238	5.4	5750	170	1120	4.6	(0)	(15)	23.0		(0)
Luncheon meat	30	1 slice	81	4.6	6.8	.5	6	51	.4	(0)	110	54	1.1	(0)	0	3.0		-

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
MEAT, SAUSAGE and Similar Products																		
Sausage, Polish	30	1 sl., 1 1/2" diam. x 1"	83	4.9	6.9	0.	3	48	.7	(0)	(54)	(57)	(.8)	0	0	-		0
Sausage, pork canned	100	2 patties, 2" diam.	299	15.4	25.9	0.	9	166	2.3	(0)	200	240	3.0	0	0	(17.0)		0
Sausage, pork, cooked	20	1 link, 3" long x 1/2"	94	3.5	8.8	0.	2	35	.4	0	98	48	.6	0	0	(3.5)		0
Sausage, pork, cooked	40	1 patty, 2" diam.	186	6.5	17.5	0.	4	65	1.0	0	195	95	1.3	0	0	(7.0)		0
Sausage, pork, raw	100	3 1/2 oz. bulk or link	450	10.8	44.8	0.	6	100	1.6	(0)	430	170	2.3	0	0	11.8		0
Sausage, salami	30	1 sl., 3 3/4"diam. x 1/4"thick	130	7.2	11.0	0.	4	78	1.1	(0)	75	63	.9	0	0	-		0
Sausage, Vienna	18	1 av. 2" long x 3/4" diam.	39	2.8	3.0	0.	2	31	.4	(0)	18	22	.6	0	0	(1.8)		0
Sausage, Vienna	100	5 to 6 average	215	15.8	16.4	0.	9	170	2.4	(0)	100	120	3.1	0	0	(10.0)		0
xScrapple	57	1 sl., 3 1/2" x 2 1/4" x 1/4"	209	4.7	9.0	26.0	4	65	.6	100	(83)	(32)	(.5)	0	0	5.1		-
Souse	60	1 sl., 4"x 3"x1/4"	100	7.9	7.4	0.	4	85	1.2	(0)	-	-	-	0	0	-		0
Wiener - See Frankfurter																		
NUTS																		
Almonds, chocolate	15	5 medium, 8 small	84	2.0	6.9	5.1	28	62	.5	0	(27)	(75)	(.5)	tr.	0		1.5	.4
Almonds, salted	15	12 to 15 nuts, not blanched	93	2.8	8.5	2.9	38	71	.7	0	(38)	(101)	(.7)	tr.	0		(1.8)	.4
Almonds, shelled	15	12 to 15 nuts, not blanched	90	2.8	8.1	2.9	38	71	.7	0	38	101	.7	tr.	0		1.8	.4
Almonds, shelled	100	2/3 cup, not blanched	597	18.6	54.1	19.6	254	475	4.4	0	250	670	4.6	tr.	0		12.0	2.7
Almonds, not shelled	100	1 1/8 cups	306	9.5	27.6	10.0	130	243	2.2	0	126	341	2.3	tr.	0		6.1	1.4
Brazil nuts, shelled	15	2 medium	97	2.2	9.9	1.7	28	104	.5	tr.	129	-	-	-	0	1.7		.3
Brazil nuts, shelled	100	23 to 24 nuts	646	14.4	65.9	11.0	186	693	3.4	tr.	860	-	-	-	0	11.0		2.1
Brazil nuts, not shelled	100	8 to 9 nuts	323	7.2	33.0	5.5	93	347	1.7	tr.	430	-	-	-	0	5.5		1.1
Butternuts	15	4 to 5 nuts	96	3.6	9.2	1.3	-	-	1.0	-	-	-	-	-	0	-		-
Cashew nuts, roasted	15	6 to 8 nuts	88	2.8	7.2	4.1	7	64	.8	-	95	29	.3		0			.2
Chestnuts, fresh	15	2 large or 3 small	28	.4	.2	6.2	5	14	.1	12	34	-	.2	tr.	0		1.5	.3
Coconut, fresh meat	15	1 pc. 1"x 1"x3/8"	54	.5	5.2	2.1	3	15	.3	0	15	2	tr.	tr.	0		.6	.5
Coconut, fresh, shredded	100	1 cup, scant	359	3.4	34.7	14.0	21	98	2.0	0	100	10	.2	2	0		4.0	3.2
Coconut, shredded, dried	15	2 tbsp.	83	.5	5.9	8.0	6	29	.5	0	tr.	tr.	tr.	(0)	0		.9	.6
Coconut, shredded, dried	100	3/4 cup	556	3.6	39.1	53.2	43	191	3.6	0	tr.	tr.	tr.	(0)	0		6.0	4.1
Filberts or Hazelnuts	15	10 to 12 nuts	95	1.9	9.1	2.7	43	53	.6	41	35	-	-	(0)	0		.9	.5
Hickory nuts	15	15 nuts, small	101	2.1	10.1	2.0	-	-	.4	-	80	-	-	(0)	0			.3
Litchi nuts, dried	15	6 nuts	45	.5	.1	10.5	4	-	.3	-		-	-	5	0			.5
*Macadamia nuts	15	8 to 12 nuts, roasted	108	1.4	11.7	1.2	8	36	.3	0	61	-	-	0	0			.4
Mixed nuts, shelled	15	8 to 12 nuts	94	2.5	8.9	2.7	14	67	.5	3	(89)	(20)	(.6)	tr.	0	.8		.3

xCalculated from a Pennsylvania Dutch recipe.
*Data from University of Hawaii, 1949

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Excess Acid	Excess Base	Fiber gm.
NUTS - Continued																		
Peanut butter	15	1 tbsp. scant	86	3.9	7.2	3.2	11	59	.3	0	18	20	2.4	(0)	0	.7		.3
Peanut butter	100	6 to 7 tbsp.	576	26.1	47.8	21.0	74	393	1.9	0	120	130	16.2	(0)	0	4.7		2.0
Peanut butter	258	1 cup	1486	67.3	123.3	54.2	191	1014	4.9	0	310	340	41.8	(0)	0	12.1		5.2
Peanuts, roasted	10	1 tbsp. chopped nuts	56	2.7	4.4	2.4	7	39	.2	0	30	13	1.6	(0)	0	.6		.2
Peanuts, roasted	15	15 to 17 nuts	84	4.0	6.6	3.5	11	59	.3	0	45	20	2.4	(0)	0	.9		.4
Peanuts, roasted	100	7/8 cup whole nuts	559	26.9	44.2	23.6	74	393	1.9	0	300	130	16.2	(0)	0	6.0		2.4
Pecans, shelled	15	12 halves, 2 tbsp. chopped	104	1.4	11.0	2.0	11	49	.4	8	108	17	.1	tr.	0	1.1		.3
Pecans, shelled	100	1 cup halves	696	9.4	73.0	13.0	74	324	2.4	50	720	110	.9	2	0	7.0		2.2
Pignolias (pine nuts)	15	1/4 cup, scant	84	4.7	7.3	1.7	-	-	-	-	-	-	-	-	0	-		.2
Pinon or pine nuts	15	1/4 cup, scant	96	1.9	9.1	3.2	-	-	-	-	-	-	-	-	0	-		-
Pistachio nuts	15	30 nuts	88	2.9	8.0	2.8	-	-	-	-	-	-	-	-	0	-		.3
Walnuts, black	15	8 to 10 halves	94	2.7	8.7	2.8	-	-	.9	11	50	-	-	0	0	1.2		.3
Walnuts, English	8	1 tbsp. chopped	49	1.1	4.8	1.2	6	28	.2	2	38	10	.1	tr.	0	.7		.2
Walnuts, English	15	8 to 15 halves	98	2.3	9.7	2.3	12	57	.3	5	72	20	.2	tr.	0	1.3		.3
Walnuts, English	100	1 cup halves	654	15.0	64.4	15.6	83	380	2.1	30	480	130	1.2	3	0	8.4		2.1
POULTRY and GAME, COOKED and RAW*																		
*Chicken, broiler, fried	85	1/4 bird - no bone	232	22.4	13.6	3.1	18	225	1.8	230	74	168	9.7	(0)	0	20.0		0
*Chicken, broiler, fried	170	1/2 bird - no bone	464	45.3	27.2	6.2	35	449	3.5	460	148	336	19.3	(0)	0	40.1		0
Chicken, broiler, raw	100	3 1/2 oz. total edible	151	20.2	7.2	0.	14	200	1.5	(0)	80	160	10.2	(0)	0	17.9		0
Chicken, broiler, raw	220	1/2 bird - no bone	334	44.4	15.8	0.	31	440	3.3	(0)	176	352	22.4	(0)	0	39.4		0
Chicken, canned	30	2 tablespoons	60	8.9	2.4	0.	4	44	.5	(0)	12	48	1.9	0	0	6.3		0
Chicken, canned	85	1/3 cup boned meat	169	25.3	6.8	0.	12	126	1.5	(0)	32	136	5.4	0	0	17.9		0
Chicken, canned	100	1/2 cup scant, boned meat	199	29.8	8.0	0.	14	148	1.8	(0)	40	160	6.4	(0)	0	21.0		0
*Chicken, creamed	118	1/2 cup scant, small serving	208	17.6	12.1	6.6	83	138	1.1	328	(40)	180	3.8	tr.	0	4.4		0
*Chicken, creamed	236	1 cup scant, large serving	416	35.1	24.2	13.1	165	275	2.1	655	(80)	360	7.5	(1)	0	8.8		0
*Chicken, fryer, breast, fried	48	1/4 of breast (2 oz. raw)	116	13.4	6.0	1.6	10	123	.7	230	39	52	5.1	0	0	11.8		0
*Chicken, fryer, breast, fried	96	1/2 breast (4 oz. raw)	232	26.8	11.9	3.1	19	245	1.3	460	67	101	10.2	0	0	23.6		0
Chicken, fryer, breast, raw	100	3 1/2 oz. meat - no bone	104	23.3	.5	0.	14	212	1.1	(0)	70	90	10.5	(0)	0	20.4		0
*Chicken, fryer, leg, fried	40	1 sm. leg - no bone	64	10.5	5.3	1.5	9	97	1.0	161	43	113	2.4	0	0	9.2		0
*Chicken, fryer, leg, fried	80	2 sm. legs - no bone	126	20.9	10.7	3.0	17	193	1.9	322	85	225	4.8	0	0	18.3		0
Chicken, fryer, leg, raw	100	3 1/2 oz. meat - no bone	112	20.5	2.7	0.	15	188	1.8	(0)	100	240	5.6	(0)	0	18.0		0
Chicken, hen, stewed	40	1 slice, 3 1/2"x2 5/8"x1/4"	83	10.6	4.2	0.	6	23	.6	(0)	21	60	2.4	(0)	0	7.4		0

* Margarine was used in cooking broilers, fryers and in cream sauce for creamed chicken. The pieces of chicken were dipped in seasoned flour and fried in a pan - a common cookery method in homes. If chicken were cooked in deep fat, other types of fat would be used and vitamin values would be (0). Other values for broilers and fryers would be similar to those given. Total edible, in referring to poultry and game, includes flesh, skin, and giblets.

Food	Wt. gm.	Approximate Measure	Calo-ries	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thia-mine mcg.	Ribo-flavin mcg.	Nia-cin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
POULTRY and GAME, COOKED and RAW - Continued																		
Chicken, hen, stewed	100	1 med. thigh or 1/2 breast	207	26.5	10.4	0.	16	260	1.6	(0)	52	150	6.0	(0)	0	17.8		0
Chicken, hen, raw	100	3 1/2 oz., total edible	302	18.0	25.0	0.	14	200	1.5	(0)	80	160	8.0	(0)	0	16.0		0
Chicken pie, peas, potatoes	116	1/2 pie or 2" sq. serving	230	9.6	12.1	20.2	19	118	1.2	143	87	68	2.3	(6)	0		.4	.5
Chicken pie, peas, potatoes	231	1 pie, 3 3/4" diam.	460	19.1	24.1	40.3	38	236	2.4	285	174	136	4.5	(12)	0		.7	1.0
Chicken, roasted	40	1 slice, 3 1/2"x2 5/8"x1/4"	79	11.3	(3.4)	0.	8	112	.8	0	32	72	3.6	(0)	0	8.0		0
Chicken, roasted	80	2 slices, 3 1/2"x2 5/8"x1/4"	158	22.6	(6.9)	0.	16	224	1.7	0	64	144	7.2	(0)	0	18.1		0
Chicken, roasted	100	3 slices, 3 1/2"x2 1/2"x1/4"	198	28.3	(8.6)	0.	20	280	2.1	(0)	80	180	9.0	(0)	0	20.0		0
Chicken, roaster, raw	100	3 1/2 oz., total edible	200	20.2	12.6	0.	14	200	1.5	(0)	80	160	8.0	(0)	0	17.9		0
Duck, roasted	35	1 slice, 3 1/2"x3"x1/4"	109	8.0	8.2	0.	7	81	2.0	(0)					0	8.5		0
Duck, roasted	100	3 slices, 3 1/2"x3"x1/4"	310	22.8	23.6	0.	19	230	5.8	(0)					0	24.4		0
Duck, raw, domestic	100	3 1/2 oz. total edible	326	16.0	28.6	0.	9	172	2.4	(0)					0	17.1		0
Duck, raw, wild	100	3 1/2 oz. total edible	232	21.1	15.8	0.	12	200	3.0	(0)					0	-		0
Goose, domestic, cooked	100	3 slices, 3 1/2"x3"x1/4"	322	28.1	22.4	0.	10	265	4.6	(0)					0	21.8		0
Goose, domestic, raw	100	3 1/2 oz., total edible	354	16.4	31.5	0.	9	180	2.5	(0)					0	12.7		0
Guinea hen, raw	100	3 1/2 oz.,total edible	156	23.1	6.4	0.									0			0
Muskrat, baked*	100	3 1/2 oz.	154	27.2	4.2	0.					160	210			0			0
Opossum, baked*	100	3 1/2 oz.	231	30.2	10.2	0.									0			0
Pheasant, raw	100	3 1/2 oz., total edible	151	24.3	5.2	0.	14	262	3.7						0			0
Quail, raw	100	3 1/2 oz., total edible	168	25.0	6.8	0.	15	270	3.8					(0)	0			0
Rabbit, baked*	100	3 1/2 oz. flesh	177	30.9	5.0	0.					105	150	7.0	0	0			0
Rabbit, domestic, raw	100	3 1/2 oz. dressed, drawn	148	21.8	6.1	0.								(0)	0			0
Rabbit, wild, raw	100	3 1/2 oz. dressed, drawn	124	21.4	3.6	0.								0	0			0
Racoon, baked*	100	3 1/2 oz.	255	29.2	14.5	0.								0	0			0
Turkey, roasted, average	40	1 slice 3 1/2"x2 5/8"x1/4"	80	12.4	(3.0)	0.	12	160	2.4	0-8	32	69	2.9	0	0	8.4		0
Turkey, roasted, average	100	3 slices 3 1/2"x2 1/2"x1/4"	200	30.9	(7.6)	0.	30	400	5.1	0-20	81	173	9.8	0	0	21.0		0
Turkey, roasted, average	150	4 to 5 slices, large serving	300	46.5	(11.4)	0.	45	600	7.7	0-30	122	260	14.7	0	0	31.5		0
Turkey, roast, creamed	233	1 cup, on 1 slice white toast	379	30.0	22.2	13.5	180	451	4.4	655	253	350	8.2	3	1	14.1		.1
Turkey, raw, medium	100	3 1/2 oz.	268	20.1	20.2	0.	23	320	3.8	tr.	90	140	8.0	(0)	0	19.5		0
Venison, fresh, cooked	40	1 slice, 3 1/2"x2 5/8"x1/4"	80	13.4	2.6	0.	12	114	3.1					0	0	9.5		0
Venison, fresh, cooked	100	3 slices, 3 1/2"x2 1/2"x1/4"	201	33.5	6.4	0.	29	286	7.8					0	0	23.8		0
Venison, fresh, raw	100	3 1/2 oz., total edible	124	21.4	3.6	0.	19	183	5.0					0	0			0
Whale meat, lean, raw	100	3 1/2 oz., lean flesh	125	20.0	4.0	1.0								(0)	0			
xBread filling or stuffing	95	1/2 cup (margarine used)	233	4.6	11.2	28.5	48	56	1.1	392	133	88	1.2	(1)	(0)		.5	.3

*Data from U. S. Fish and Wildlife Service Laboratory at College Park, Maryland.

Total edible, in referring to poultry and game birds, includes flesh, skin, and giblets.

Note: Many efforts were made to secure up-to-date data on mineral and vitamin content of some foods listed above. None could be secured (summer and fall of 1950). The columns have been left blank for insertion of figures as they may be made available later on these varieties of poultry or game.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Excess Acid	Excess Base	Fiber gm.
SALADS																		
Apple, celery, walnuts	154	3 hp. tbsp., 2 lg. lv. lettuce	137	1.9	8.3	15.9	32	48	.8	355	82	75	.4	(5)	(0)		6.8	1.1
Cabbage or Cole slaw	84	2/3 cup, no lettuce	68	2.3	3.5	7.9	53	50	.5	200	50	85	.2	(12)	(4)		2.7	.5
Carrot and Raisin	134	3 hp. tbsp., 2 lg. lv. lettuce	153	1.9	5.8	27.9	48	65	1.5	4708	83	81	.5	(6)	(0)		10.8	.7
Chicken with celery	146	3 hp. tbsp., 2 lg. lv. lettuce	185	16.1	10.9	5.7	32	100	1.3	290	53	130	3.4	(5)	(0)	4.8		.5
Crab with celery	144	3 hp. tbsp., 2 lg. lv. lettuce	137	9.6	8.4	6.1	47	116	.9	290	58	80	1.6	(5)	(0)	.8		.5
Endive, Bacon dressing	150	1 lg. serving	228	4.5	21.7	5.8	83	91	1.9	3000	193	158	1.0	(11)	(0)		6.1	.8
Fruit, mixed, canned	193	3 hp. tbsp., 2 lg. lv. lettuce	155	1.3	5.9	30.1	23	31	.8	500	35	55	.6	6	(0)		8.6	.8
Fruit, mixed, fresh*	195	3 hp. tbsp., 2 lg. lv. lettuce	174	1.9	11.1	21.2	45	44	.8	685	83	88	.4	32	(1)		8.3	.7
Gelatine with fruit	188	1 square, 2 lg. lv. lettuce	139	2.1	5.7	21.6	23	25	.5	391	42	50	.3	16	(0)		5.7	.5
Gelatine with Ch. vegetables	164	1 sq. or mold, 2 lv. lettuce	115	2.2	5.7	15.1	24	27	.5	1977	37	58	.3	(8)	0		4.8	.6
Lettuce with Fr. dressing	130	1 wedge or 8 sm. leaves	133	1.4	10.8	6.9	22	25	.5	540	40	80	.2	8	0		6.0	.6
Lettuce, Tomatoes, Mayonnaise	115	4 lvs. lettuce, 3 sl. tomato	80	1.5	5.8	6.5	20	36	.8	1115	60	70	.5	19	0		5.8	.7
Macaroni, onion, mayonnaise	190	1 cup, 8 oz., lg. serving	335	7.7	11.8	48.5	21	103	1.0	40	30	20	.7	2	(0)	5.3		tr.
Potato with onion, parsley	123	1/2 c. potato, Fr. dressing	184	1.9	10.8	21.2	21	50	.8	243	70	38	.8	(16)	-		6.7	.3
Stuffed prune, lettuce	145	4 prunes, peanut butter	414	13.4	28.5	32.9	63	228	2.3	800	110	140	7.9	5	-		1.0	.8
SANDWICHES																		
Bacon, lettuce, tomato	148	1, white, toasted	282	6.3	15.6	28.8	53	89	1.5	870	160	142	1.6	13	(0)		2.3	.6
Cream cheese and jelly	119	1, white bread	368	6.6	16.0	50.4	60	74	1.1	575	120	140	1.0	2	(0)		-	.1
Chicken, hot, with gravy	160	1, white, 3 tbsp. gravy	356	21.9	15.3	29.8	49	219	2.4	(0)	178	209	6.5	0	(0)	13.0		.1
Chicken salad	110	1, white bread	245	14.3	8.6	26.6	50	101	1.5	10	142	140	3.2	1	(0)	5.2		.1
Chicken, sliced, lettuce	131	1, white bread	303	15.8	14.4	26.6	52	165	1.8	320	162	172	4.6	2	(0)	6.5		.3
Club, (Bacon, chicken, tomato)	315	1 av., 3 sl. toast, lettuce	590	35.6	20.8	41.7	103	394	4.3	1705	384	410	10.2	27	(0)	14.0		1.2
Egg salad on white	138	1 av., no lettuce	279	10.5	12.5	30.6	68	153	2.4	580	160	210	1.0	2	26	6.0		.3
Ham salad, on white	114	1 av., no lettuce	321	11.3	16.9	30.4	45	102	2.0	30	282	143	2.3	2	(0)	4.9		.4
Ham sliced, on white	81	1 av., no lettuce	281	10.9	15.4	23.9	40	93	1.7	165	282	143	2.3	(0)	(0)	4.6		.1
Liverwurst, on rye	91	1 av., no lettuce	251	9.4	12.3	26.8	38	143	2.5	1745	131	376	2.2	(0)	5	9.7		.1
Peanut butter, cr.wh.bread	83	1 av., no lettuce	328	11.8	19.5	30.0	61	177	1.0	165	96	80	5.4	(0)	(0)	4.4		.8
Roast beef, hot with gravy	160	1 av., 3 tbsp. gravy	429	19.3	24.5	29.8	43	163	2.9	(0)	166	209	4.9	(0)	(0)	11.6		.1
Roast beef, white bread	116	1 av., with lettuce	284	11.7	14.1	26.6	46	108	1.9	155	148	154	2.9	2	(0)	4.1		.3
Roast pork, hot with gravy	180	1 av., 3 tbsp. gravy	503	23.3	30.9	29.8	46	239	3.5	(0)	794	293	5.1	(0)	(0)	14.0		.1
Roast pork, white bread	116	1 av., with lettuce	288	11.4	14.7	26.6	46	123	1.9	155	379	172	2.5	2	(0)	3.8		.3
Tuna fish salad	105	1 av., on white bread	278	11.0	14.2	25.8	48	135	1.2	231	142	113	4.1	1	50	3.6		.1
Turkey, hot or cold	156	1 large, white bread	402	29.2	18.4	28.0	62	370	5.8	(45)	184	218	6.8	(0)	(0)	17.4		.1

*Fresh orange, grapefruit and grapes, canned pineapple and peaches with Mayonnaise, whipped cream and fruit juice dressing.
Commercial salad dressing - Mayonnaise type - was used with all salads where Mayonnaise is mentioned. In the sandwiches, 5 gms. butter was used on enriched white bread except in the hot chicken, beef, pork, and turkey sandwiches where gravy was used. Values would be practically the same if margarine were used. While every effort was made to have salads and sandwiches representative of those served most frequently, these are two types of food in which much variation is possible.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
SAUCES*																		
Butterscotch sauce	44	2 tablespoons	203	.5	7.2	40.5	41	23	1.4	296	3	20	tr.	tr.	4	neutral		(0)
Cheese sauce	38	2 tablespoons, sm. serv.	65	3.0	4.9	2.4	88	65	.1	206	11	80	(.1)	tr.	tr.		.4	(0)
Cheese sauce	75	1/4 cup, scant, lg. serv.	130	5.9	9.8	4.8	176	129	.2	412	22	159	.1	tr.	1		.8	(0)
Chili sauce	17	1 tablespoon	17	.5	.1	4.0	(2)	(3)	(.1)	(320)	(20)	(10)	.4	(2)	0		.2	tr.
Chocolate sauce, plain	39	2 tablespoons	87	1.4	4.5	4.1	40	45	.2	109	10	56	.1	tr.	2		.6	.1
Chocolate sauce, plain	78	1/4 cup, scant	173	2.7	8.9	8.2	80	90	.4	217	19	112	.2	tr.	4		1.1	.2
Chocolate sauce, quick	88	1/4 cup, scant	137	3.2	8.3	14.8	111	130	.6	170	27	172	.2	tr.	32		1.6	tr.
Custard sauce	72	1/4 cup	85	3.7	3.8	9.3	78	82	.4	235	35	240	.1	tr.	8		.5	0
Custard sauce	144	1/2 cup	169	7.3	7.5	18.6	157	164	.8	470	70	280	.2	(1)	15		1.0	0
Hard sauce	21	2 tablespoons	97	(.1)	5.7	12.0	2	1	(.0)	231	tr.	(1)	tr.	0	6	neutral		0
Hard sauce	42	1/4 cup	193	.1	11.3	23.9	3	2	(.0)	462	tr.	1	tr.	0	12	neutral		0
Hollandaise, mock	85	1/4 cup	191	4.1	16.4	6.3	88	112	.7	834	45	130	.2	(1)	13	2.0		0
Hollandaise, true	50	1/4 cup, scant	180	2.2	18.5	.4	23	78	.9	1027	27	43	tr.	tr.	34	4.3		0
Lemon sauce	54	1/4 cup, scant	133	.1	2.8	27.8	3	2	tr.	124	1	tr.	tr.	3	4		.6	tr.
Raisin sauce	48	1/4 cup, scant	126	.6	3.0	25.9	15	23	.5	161	25	19	.6	5	(0)		2.9	-
Soy sauce	15	1 tablespoon	8	tr.	.2	1.5	-	-	-	-	-	-	-	-	-		-	(0)
Spanish sauce	95	1/2 cup, scant	89	1.4	7.3	5.6	15	48	.8	1282	47	71	1.0	11	0		6.2	.5
Tartar sauce	20	1 tablespoon	95	.2	10.0	1.5	4	10	.2	55	5	6	tr.	(1)	0		.2	.2
Tomato sauce	68	1/4 cup	79	1.1	5.8	6.0	7	15	.4	866	27	26	.5	5	0		1.0	tr.
Tomato sauce	272	1 cup, 8 oz.	314	4.3	23.3	23.8	28	58	1.4	3465	106	104	1.9	20	0		3.9	tr.
White sauce, medium	33	2 tablespoons	54	1.3	4.1	3.1	37	31	.1	164	11	52	.1	(0)	0		.4	0
White sauce, medium	66	1/4 cup	107	2.6	8.1	6.1	74	61	.2	328	22	104	.2	tr.	0		.9	0
White sauce, medium	264	1 cup, 8 oz.	426	10.3	32.3	24.2	296	245	.6	1310	88	416	.7	(1)	0		3.5	0
White sauce, thin	30	2 tablespoons	37	1.2	2.6	2.3	37	30	tr.	107	9	50	tr.	(0)	0		.6	0
White sauce, thin	61	1/4 cup	74	2.4	5.2	4.6	73	59	.1	213	17	99	.1	tr.	0		1.1	0
White sauce, thin	242	1 cup, 8 oz.	296	9.4	20.9	18.2	292	236	.4	850	69	397	.5	(1)	0		4.2	0
Worcestershire sauce	5	1 teaspoon	4	.1	.0	.9	5	3	.3	-	-	-	-	(0)	0		-	0

*Values were calculated from recipes in THE BASIC COOK BOOK by Heseltine and Dow. The number of servings for each recipe as listed in this book was also used in most cases unless they were much larger than those generally served. Allowances for losses in the B vitamins and ascorbic acid were made for all cooked sauces as follows: 40 percent for thiamine, 10 percent for riboflavin, 15 to 20 percent for niacin and 50 percent for ascorbic acid. All-purpose enriched flour was used for thickening in recipes where flour was an ingredient. The weights of any given measure of sauces will vary with length of cooking time and thickness of the sauce.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
SOUPS																		
Asparagus, Cream, Campbell's	198	1 serv., 3 from one can*	132	5.8	6.4	13.1	(126)	(99)	(.1)	(171)	(43)	(182)	(.1)	(1)	(2)		(2.1)	.2
Asparagus, Cream, Campbell's	298	1 can, condensed	178	6.3	6.6	23.7												.6
Bean with Bacon, Campbell's	199	1 serv., 3 from 1 can x	159	7.2	5.5	19.8												1.4
Bean with Bacon, Campbell's	312	1 can, condensed	476	21.5	16.5	59.3												4.1
Bean with Pork, Heinz	199	1 serv., from 1 can x	135	7.2	3.0	19.4	97	130	2.3									1.2
Bean with Pork, Heinz	312	1 can, condensed	404	21.5	9.0	58.3	290	390	6.9									3.7
Bean, homemade	190	1 serv., 3/4 cup	195	6.1	11.2	18.6	52	120	1.9	1364	120	70	.5	(0)	(0)		5.4	1.4
Beef, Campbell's	199	1 serv., 3 from 1 can x	94	7.3	2.8	9.4												.4
Beef, Campbell's	312	1 can, condensed	281	21.8	8.4	28.1												1.2
Beef Noodle, Campbell's	199	1 serv., 3 from 1 can x	51	2.0	2.6	4.9												.1
Beef Noodle, Campbell's	298	1 can, condensed	153	6.0	7.7	14.6												.3
Beef Noodle, Heinz	197	1 serv., 3 from 1 can x	68	3.1	2.5	8.1	10	48	1.3									.1
Beef Noodle, Heinz	305	1 can, condensed	203	9.2	7.6	24.4	31	143	4.0									.3
Beef with Vegetables, Heinz	197	1 serv., 3 from 1 can x	62	4.2	2.3	6.0	12	71	.8									.2
Beef with Vegetables, Heinz	305	1 can, condensed	186	12.5	7.0	18.0	36	214	2.4									.6
Bouillon, Campbell's	191	1 serv., 3 from 1 can x	27	4.1	0.	2.5												.0
Bouillon, Campbell's	298	1 can, condensed	82	12.5	0.	7.5												.0
Celery, Cream, Campbell's	198	1 serv., 3 from 1 can*	144	4.9	8.6	12.2	(126)	(99)	(.1)	(171)	(43)	(182)	(.1)	(1)	(2)		(2.1)	.3
Celery, Cream, Campbell's	298	1 can, condensed	214	3.6	13.4	20.9												.9
Celery, Cream, homemade	155	1 serving, 3/4 cup, sc.	157	5.4	10.5	10.9	171	138	.5	425	70	230	.3	(1)	1		3.1	.2
Chicken, Cream, Campbell's	198	1 serv., 3 from 1 can*	145	6.5	9.9	7.3	(126)	(99)	(.1)	(171)	(43)	(182)	(.1)	(1)	(2)		(2.1)	.3
Chicken, Cream, Campbell's	298	1 can, condensed	218	8.3	17.3	6.1												.9
Chicken, Cream, Heinz	200	1 serv., 3 from 1 can*	141	6.8	7.5	11.4	163	112	.2	(171)	(43)	(182)	(.1)	(1)	(2)		(1.6)	.1
Chicken, Cream, Heinz	305	1 can, condensed	205	9.2	10.1	18.6	110	137	.3									.3
Chicken Gumbo, Campbell's	191	1 serv., 3 from 1 can x	49	2.5	1.3	6.8												.2
Chicken Gumbo, Campbell's	298	1 can, condensed	147	7.7	3.9	20.3												.6
Chicken Noodle, Campbell's	191	1 serv., 3 from 1 can x	58	3.3	1.9	6.9												.2
Chicken Noodle, Campbell's	298	1 can, condensed	173	9.8	5.7	20.6												.6
Chicken Noodle, Heinz	197	1 serv., 3 from 1 can x	71	2.3	4.1	6.0	16	25	.2									.1
Chicken Noodle, Heinz	305	1 can, condensed	213	7.0	12.5	18.0	49	76	.6									.3
Chicken, Rice, Campbell's	191	1 serv., 3 from 1 can x	36	2.5	1.3	3.6												.2
Chicken, Rice, Campbell's	298	1 can, condensed	108	7.5	3.9	10.7												.6
Chicken, Rice, Heinz	197	1 serv., 3 from 1 can x	39	2.1	1.3	4.4	10	20	.1									tr.
Chicken, Rice, Heinz	305	1 can, condensed	118	6.4	4.0	13.1	31	61	.3									.1

Data on canned soups received July, 1950. No mineral or vitamin values were received from Campbell Company except for their strained soups for infants. Mineral content would be similar to Heinz or home made soups of the same type. The vitamin content of commercial soups was not available.

These soups varied in net weight from 10 1/2 oz. (298 grams), 10 3/4 oz. (305 grams), to 11 oz. (312 grams), in the same sized cans.

*Can contents diluted with an equal volume of fresh, whole milk, (321 grams). Substituting skim milk, fresh or powdered, would reduce calories, fat and vitamin A.

Values in parentheses are for milk only. Actual values are higher but not available.

xCan contents diluted with an equal volume of fresh water, (310 grams).

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
SOUPS - Continued																		
Clam Chowder, Campbell's	191	1 serv., 3 from 1 can x	64	2.2	2.4	8.3												.2
Clam Chowder, Campbell's	298	1 can, condensed	191	6.6	7.2	25.0												.6
Clam Chowder, Heinz	199	1 serv., 3 from 1 can x	70	2.3	1.7	11.2	24	39	.5									.6
Clam Chowder, Heinz	312	1 can, condensed	209	6.9	5.0	33.7	72	119	1.6									1.9
Consomme, Campbell's	191	1 serv., 3 from 1 can x	29	4.9	0.	2.4												0
Consomme, Campbell's	298	1 can, condensed	88	14.9	0.	7.2												0
Green Pea, Campbell's	191	1 serv., 3 from 1 can x	102	6.2	2.2	15.3												1.1
Green Pea, Campbell's	298	1 can, condensed	306	18.5	6.6	45.9												3.3
Green Pea, Cream, Heinz	199	1 serv., 3 from 1 can x	73	3.0	2.1	10.3	32	56	.9									.1
Green Pea, Cream, Heinz	312	1 can, condensed	218	9.0	6.2	30.9	97	168	2.8									.3
Gumbo Creole, Heinz	199	1 serv., 3 from 1 can x	65	1.2	3.0	9.0	26	19	.7									.3
Gumbo Creole, Heinz	312	1 can, condensed	196	3.7	9.0	27.1	78	56	2.2									.9
Mushroom, Cream, Campbell's	198	1 serv., 3 from 1 can*	183	5.4	12.7	11.8	(126)	(99)	(.1)	(171)	(43)	(182)	(.1)	(1)	(2)		(2.1)	.2
Mushroom, Cream, Campbell's	298	1 can, condensed	330	5.1	25.6	19.7												.6
Mushroom, Cream, Heinz	203	1 serv., 3 from 1 can*	176	7.4	9.9	15.2	230	195	.6	(171)	(43)	(182)	(.1)	(1)	(2)		(2.1)	.4
Mushroom, Cream, Heinz	312	1 can, condensed	309	10.9	16.2	30.0	312	287	1.6									1.2
Ox Tail, Campbell's	199	1 serv., 3 from 1 can x	77	4.1	2.2	10.2												.4
Ox Tail, Campbell's	312	1 can, condensed	231	12.5	6.6	30.6												1.2
Oyster Stew, homemade	310	1 serv., 8 oz. milk, 4 oysters	321	15.0	22.2	15.7	352	322	3.8	1058	188	550	1.1	(3)	19	.3		tr.
Pepper Pot, Campbell's	199	1 serv., 3 from 1 can x	90	6.1	4.2	7.1												.3
Pepper Pot, Campbell's	312	1 can, condensed	271	18.4	12.5	21.2												.9
Scotch Broth, Campbell's	199	1 serv., 3 from 1 can x	96	5.9	2.8	11.8												.5
Scotch Broth, Campbell's	312	1 can, condensed	288	17.8	8.4	35.3												1.6
Split Pea, homemade	195	1 serv., 3/4 cup	201	7.1	11.1	19.4	44	83	1.6	1446	139	81	1.0	(2)	(0)		2.8	.7
Tomato, Campbell's	198	1 serv., 3 from 1 can*	146	5.5	6.3	17.2	(126)	(99)	(.1)	(171)	(43)	(182)	(.1)	(1)	(2)		(2.1)	.2
Tomato, Campbell's	298	1 can, condensed	220	5.4	6.3	35.8												.9
Tomato, Cream, Heinz	203	1 serv., 3 from 1 can*	146	5.5	5.6	19.7	149	134	.8	(171)	(43)	(182)	(.1)	(1)	(2)		(2.1)	.3
Tomato, Cream, Heinz	312	1 can, condensed	220	5.3	3.3	43.4	69	103	2.2									.9
Tomato, Cream, homemade	185	1 serv., 3/4 cup	196	6.6	10.8	19.5	177	175	1.2	1725	152	280	1.2	26	2		8.6	.9
Vegetable, Campbell's	199	1 serv., 3 from 1 can x	68	2.6	1.6	11.6												.7
Vegetable, Campbell's	312	1 can, condensed	205	7.8	4.7	34.9												2.2
Vegetable-Beef, Campbell's	199	1 serv., 3 from 1 can x	86	7.2	2.6	11.5												.4
Vegetable-Beef, Campbell's	312	1 can, condensed	258	21.5	8.7	23.4												1.2
Vegetable-Beef, Heinz	197	1 serv., 3 to 1 can x	81	2.9	.9	15.3	24	43	.5									.9

x Can contents diluted with an equal volume of fresh water, (310 grams).

*Can contents diluted with an equal volume of fresh, whole milk (321 grams). The use of skim milk, fresh or powdered, would reduce calories, fat, and Vitamin A.

Note: A serving of soup will vary greatly depending upon its place in the meal. As a first course, 2/3 to 3/4 of an 8 oz. cup is frequently used in homes and public eating places. Three servings from 1 can of Campbell's or Heinz varieties is 2/3 to 3/4 of a cup depending on how long it was heated. An entire can may be used if soup is the main dish. Larger or smaller servings than the ones worked out can be calculated from the total contents of the can.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
SOUPS - Continued																		
Vegetable-Beef, Heinz	305	1 can, condensed	242	8.8	2.7	46.0	73	131	1.5									2.7
Vegetable-no meat, Heinz	199	1 serv., 3 from 1 can x	81	2.3	.4	14.1	34	46	.5									.8
Vegetable-no meat, Heinz	312	1 can, condensed	244	7.0	1.2	52.4	103	137	1.6									2.5
Vegetarian Vegetable, Campbell	191	1 serv., 3 from 1 can x	63	1.9	1.3	11.2												.8
Vegetarian Vegetable, Campbell	298	1 can, condensed	190	5.7	3.9	33.7												2.4
SOUPS, STRAINED for Infants or Smooth Bland Diets																		
Beef, Campbell's	135	1 jar, 4 3/4 oz.	75	5.3	1.2	10.3	62	92	.5	2286	50	97	1.7	5	(0)			.3
Beef Broth, Barley, Heinz	135	1 can, 4 3/4 oz.	71	3.4	2.2	11.6	28	53	1.1	100	47	45	1.6	(1)	(0)			.4
Beef and Liver, Heinz	135	1 can, 4 3/4 oz.	90	5.9	3.1	9.2	28	54	3.0	5278	31	101	2.3	(2)	-			.4
Chicken, Campbell's	135	1 jar, 4 3/4 oz.	68	3.6	2.0	8.6	35	57	.3	2384	24	54	1.0	1	(0)			.2
Chicken, Gerber's	132	1 can, 4 3/4 oz.	66	3.8	1.5	9.1	41	69	1.0	1342	50	50	1.1	3	(0)			.3
Chicken, Heinz	135	1 can, 4 3/4 oz.	80	3.2	4.4	6.6	36	57	.1	310	24	81	.8	tr.	(0)			.3
Lamb, Campbell's	135	1 jar, 4 3/4 oz.	82	4.2	2.8	9.7	62	92	.5	1526	49	92	1.6	4	(0)			.4
Liver, Campbell's	135	1 jar, 4 3/4 oz.	71	4.6	1.2	10.1	18	88	1.0	9450	108	837	2.0	10	-			.4
Mixed Vegetables, Gerber's	132	1 can, 4 3/4 oz.	53	1.9	.3	11.0	22	52	1.7	7997	286	166	1.4	3	(0)			.5
Vegetable, Campbell's	135	1 jar, 4 3/4 oz.	67	2.6	.7	12.5	32	69	1.0	3442	93	86	1.4	10	(0)			.6
Vegetables, Bacon, Gerber's	132	1 can, 4 3/4 oz.	105	3.0	4.6	12.9	15	58	.7	263	161	75	1.4	3	(0)			.4
Vegetables, Bacon, Heinz	135	1 can, 4 3/4 oz.	82	1.8	4.1	9.6	16	27	.4	3564	154	77	.7	1	(0)			.5
Vegetables, Beef, Gerber's	132	1 can, 4 3/4 oz.	66	3.3	1.5	9.8	21	71	1.0	6530	65	55	.7	3	(0)			.5
Vegetables, Lamb, Gerber's	132	1 can, 4 3/4 oz.	76	3.0	2.8	9.8	19	73	1.1	5090	48	41	1.3	4	0			.4
Vegetables, Lamb, Heinz	135	1 can, 4 3/4 oz.	69	2.8	1.9	10.3	24	31	.5	1768	9	49	1.4	(1)	0			.7
Vegetables, Liver, Gerber's	132	1 can, 4 3/4 oz.	60	4.9	.7	8.6	16	103	6.7	3069	61	644	3.6	8	0			.3

XCan contents diluted with an equal volume of fresh water.
Data on strained soups for food values and weight of cans received and checked August, 1950. There are many other excellent brands of strained food on the market. No analyses were received from other firms.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
SIRUPS and SUGARS																		
Cane juice, concentrated	20	1 tbsp.	52	(0.)	0.	13.4	12	6	.7	-	-	-	-	0	0			0
Corn sirup, average	20	1 tbsp.	57	(0.)	(0.)	(14.8)	9	3	.8	0	0	2	tr.	(0)	0			0
Corn sirup, average	100	5 tbsp.	286	(0.)	(0.)	(74.0)	46	16	4.1	0	0	10	.1	(0)	(0)			0
Corn sirup, average	328	1 cup	939	(0.)	(0.)	242.7	151	52	13.4	0	0	33	.3	(0)	0			0
Honey, strained	21	1 tbsp.	62	.1	0.	16.7	1	3	.2	(0)	tr.	10	tr.	1	0		.1	0
Honey, strained	100	5 tbsp.	294	.3	0.	79.5	5	16	.9	(0)	tr.	40	.2	4	0		.6	0
Honey, strained	338	1 cup	992	1.0	0.	268.7	17	54	3.0	(0)	20	135	.7	13	0		2.0	0
Maple sirup	20	1 tbsp.	50	0.	0.	12.8	33	3	.6	(0)	-	-	-	(0)	(0)		3.0	0
Molasses, cane																		
First extraction, light	20	1 tbsp.	50	-	-	13.0	33	9	.9	-	14	12	tr.	-	0			0
First extraction, light	100	5 tbsp.	252	-	-	65.0	165	45	4.3	-	70	60	.2	-	0			0
First extraction, light	328	1 cup	825	-	-	213.2	541	148	14.1	-	230	197	.7	-	0			0
Second extraction, medium	20	1 tbsp.	46	-	-	12.0	58	14	1.2	-	-	-	-	-	0		7.0	0
Second extraction, medium	100	5 tbsp.	232	-	-	60.0	290	69	6.0	-	-	-	-	-	0		35.0	0
Second extraction, medium	328	1 cup	762	-	-	196.8	951	226	19.7	-	-	-	-	-	0		114.8	0
Third extraction, blackstrap	20	1 tbsp.	43	-	-	11.0	116	17	2.3	-	56	50	.4	-	0			0
Third extraction, blackstrap	100	5 tbsp.	213	-	-	55.0	579	85	11.3	-	280	250	2.1	-	0			0
Third extraction, blackstrap	328	1 cup	698	-	-	180.4	1899	279	37.1	-	918	820	6.9	-	0			0
Barbados	20	1 tbsp.	54	-	-	14.0	-	10	-	-	10	40	-	-	0			0
Barbados	100	5 tbsp.	271	-	-	70.0	-	50	-	-	60	200	-	-	0			0
Barbados	328	1 cup	889	-	-	229.6	-	164	-	-	197	656	-	-	0			0
Sorghum sirup	20	1 tbsp.	52	-	-	13.4	30	5	2.4	-	-	-	-	-	0			0
Table sirup, largely corn	20	1 tbsp.	57	(0.)	(0.)	(14.8)	9	3	.8	0	0	tr.	tr.	(0)	0			0
Table sirup, largely corn	100	5 tbsp.	286	(0.)	(0.)	(74.0)	46	16	4.1	0	0	10	.1	(0)	0			0
Table sirup, largely corn	328	1 cup	939	(0.)	(0.)	242.7	151	52	13.4	0	0	33	.3	(0)	0			0
Treacle, black*	100	5 tbsp.	265	1.2	0.	67.2	495	31	9/2	-	-	-	-	-	0		49.4	0
Sugar, brown, dark x	14	1 tbsp. (wt. varies)	52	(0.)	(0.)	13.4	11	5	.4	(0)	(0)	(0)	(0)	(0)	0			0
Sugar, brown, dark x	100	5/8 cup (wt. varies)	370	(0.)	(0.)	95.5	76	37	2.6	(0)	(0)	(0)	(0)	(0)	0			0
Sugar, brown, dark x	220	1 cup (wt. varies)	814	(0.)	(0.)	210.1	167	81	5.7	(0)	(0)	(0)	(0)	(0)	0			0
Sugar, corn, not refined	100		348	-	-	(90.0)	-	-	-	(0)	(0)	(0)	(0)	(0)	0			0
Sugar, dextrose, anhydrous	100		385	(0.)	(0.)	99.5	-	-	-	(0)	(0)	(0)	(0)	(0)	0			0
Sugar, dextrose, crystallized	100		348	(0.)	(0.)	90.0	-	-	-	(0)	(0)	(0)	(0)	(0)	0			0
Sugar, maple	15	1 pc., 1"x1 1/4"x1/2"	52	-	-	(13.5)	27	2	.5	-	-	-	-	-	0		2.4	0
Sugar, maple	100	3 pc., 2"x1 1/4"x1/2"	348	-	-	(90.)	180	10	3.5	-	-	-	-	-	0		16.2	0

*Data from English workers.
xMineral values are less in light brown sugar.

Molasses in all its various degrees of extraction is basic in reaction. Because of variations and conflicting data in the literature, values for medium molasses only have been stated. Light molasses has lower base values and blackstrap higher base values - more nearly like those of treacle.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
SIRUPS and SUGARS - Continued																		
Sugar, powdered	6	1 tsp. rounded	23	(0.)	(0.)	6.0	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, powdered	11	1 tbsp. (weight varies)	42	(0.)	(0.)	10.9	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, powdered	100	9-12 tbsp., wt. varies	385	(0.)	(0.)	99.5	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, powdered	176	1 cup	678	(0.)	(0.)	175.1	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, white, granulated	4	1 t. level	16	(0.)	(0.)	4.2	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, white, granulated	8	1 t. rounded	31	(0.)	(0.)	8.0	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, white, granulated	12	1 tbsp.	48	(0.)	(0.)	12.4	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, white, granulated	100	1/2 cup	385	(0.)	(0.)	99.5	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, white, granulated	200	1 cup	770	(0.)	(0.)	199.0	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
Sugar, white, granulated domino	7	1 pc., 1 1/8"x5/8"x1/8"	27	(0.)	(0.)	7.0	-	-	-	(0)	(0)	(0)	(0)	(0)	0	neutral		0
SWEETS - CANDY and CANDIED or GLACE FRUIT																		
Average Bar candies - 10 popular chocolate coated bars & others	56.7	2 oz., 5¢ bars, including nut and peanut bars	271	5.2	13.0	34.9	50	100	1.4		30	90	3.3	(0)	-			-
Bulk Candies - 25 chocolate-coated nut and fruit types	56.7	2 oz., almonds, peanut clusters, raisins, nut caramels	290	4.9	13.3	39.6	40	90	1.5		50	40	2.1	(0)	-			-
Packaged Candies - 5 assortments	56.7	2 oz., popular pound types	263	2.9	11.9	38.0	40	90	1.6		40	70	2.3	(0)	-			-
Penny Candies - 5 best sellers	56.7	2 oz., popular items	256	4.6	8.7	41.6	50	90	1.1		50	60	2.0	(0)	-			-
Butterscotch	5	1 average piece	21	0.	.4	4.3	1	tr.	.1	(0)	(0)	tr.	tr.	(0)	(0)	neutral		0
Candied apricots	30	1 av., (15 to 1 lb.)	101	.2	.06	26.0	4	6	.3	370	tr.	(8)	.2	tr.	(0)		1.0	.2
Candied cherries	5	1 large or 2 small	17	tr.	tr.	4.3	tr.	tr.	tr.	(10)	tr.	tr.	tr.	(0)	(0)		-	.2
Candied citron	28.35	1 ounce, 1 pc., 1" sq.	89	.1	.1	22.7	24	7	.2	-	-	-	-	-	-		-	.4
Candied figs	30	1 av., (15 to 1 lb.)	90	1.1	.06	22.1	(20)	(12)	.2	(30)	(20)	(20)	.1	tr.	0		-	1.3
Candied ginger root	5	1 piece	17	tr.	tr.	4.3	-	-	-	-	-	-	-	-	-		-	tr.
" grapefruit, lemon, orange peel	10	1 hp. tbsp. or 1 large piece	32	tr.	tr.	8.1	-	-	-	-	-	-	-	-	-		-	.2
Candied pineapple	38	1 slice, (12 to 1 lb.)	120	.3	.2	30.4	12	9	.2	(40)	(48)	(13)	(.1)	(9)	0		(3.8)	.3
Caramels, plain	10	1 medium	42	.3	1.2	7.8	13	9	.2	17	2	14	tr.	tr.	-		-	0
Chocolate creams	13	1 av. pc., (35 to 1 lb.)	51	.5	1.8	9.4	-	-	-	-	-	-	-	-	-		-	0
Chocolate creams	6	1 miniature, (80 to 1 lb.)	24	.2	.8	4.3	-	-	-	-	-	-	-	-	-		-	0
Chocolate fudge, milk	30	1 pc. 1 1/4" sq. (15 to 1 lb.)	118	.5	3.1	23.7	14	22	.2	64	3	19	tr.	tr.	1		.6	.1
Chocolate mints	10	1 small, (45 to 1 lb.)	39	.4	1.4	7.2	-	-	-	-	-	-	-	-	-		-	0
Chocolate mints	22	1 medium, (20 to 1 lb.)	87	.9	3.1	15.8	-	-	-	-	-	-	-	-	-		-	0
Chocolate mints	45	1 large, 3" diam.	177	1.8	6.3	32.4	-	-	-	-	-	-	-	-	-		-	0

Note: Sugar that has been stored for some time weighs heavier than sugar recently purchased. Source 1 reports much lighter weights than the author was able to get on many types of sugar. Stirring or sifting sugar before measuring will also make it lighter in weight.

Candy bars and many types of bulk candies vary in price and weight per bar or per piece. Read labels carefully. Average figures on various types of candy were secured from the Council on Candy of the National Confectioners' Association in August, 1950.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
SWEETS - CANDY AND CANDY BARS																		
Clark Candy bar	61.2	1 bar	256	4.1	11.5	35.4	-	-	-	-	-	-	-	-	-			-
Fondant, patties or mints	11	1 average (40 to 1 lb.)	39	0.	0.	10.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	0	0	neutral		0
Fudge, chocolate milk	30	1 pc., 1 1/4" sq. (15 to 1 lb.)	118	.5	3.1	23.7	14	22	.2	64	3	19	tr.	tr.	1		.6	.1
Fudge, plain (brown sugar)	25	1 pc., 1" sq., (18 to 1 lb.)	103	.3	1.5	22.9	28	16	.7	59	2	13	.1	tr.	1		.6	tr.
Gum drops	10	1 lg., 7/8" diam., or 8 sm.	33	0.	0.	8.6	(0)	(0)	(0)	0	0	0	0	0	0	-		0
Hard Candy	10	2 sqs., or 2 rolls, 1" x 1/2"	38	0.	0.	9.9	(0)	(0)	(0)	0	0	0	0	0	0	neutral		0
Hershey's Krackel Bar	28.35	1 bar, 5¢	147	2.3	8.3	17.0	51	55	.7	37	38	126	.3	tr.	24		-	-
Hershey's Krackel Bar	142	1 large bar	740	11.6	41.3	85.0	253	277	3.4	187	189	631	1.7	2	122		-	-
Hershey's Milk Chocolate	28.35	1 bar, 5¢, plain	154	2.4	9.5	15.8	57	59	.7	43	27	145	.1	tr.	28		-	-
Hershey's Milk Chocolate	56.7	1 bar, 10¢, plain	309	4.8	19.0	31.6	113	118	1.5	86	54	290	.2	1	56		-	-
Hershey's Milk Chocolate	142	1 bar, large	773	11.9	47.5	79.0	284	295	3.7	215	135	725	.5	2	140		-	-
Hershey's Milk Chocolate	28.35	1 bar, 5¢, with almonds	158	2.8	10.4	14.2	59	71	.8	36	34	152	.3	tr.	24		-	-
Hershey's Milk Chocolate	56.7	1 bar, 10¢, with almonds	316	5.7	20.8	28.3	118	142	1.6	72	68	305	.6	(1)	47		-	-
Hershey's Milk Chocolate	128	1 bar, large with almonds	712	12.5	46.4	65.0	266	313	3.5	166	150	681	1.2	2	108		-	-
Hershey's Milk Choc. Kisses	4	1 piece	21	.3	1.3	2.2	8	8	.1	6	4	20	tr.	tr.	4		-	-
Hershey's Mr. Goodbar	35.5	1 bar, 5¢	198	5.2	13.0	16.1	43	93	.6	45	59	90	2.5	tr.	10		-	-
Hershey's Mr. Goodbar	142	1 bar, large	791	20.7	52.0	64.3	173	371	2.4	183	237	360	9.9	(1)	39		-	-
Hershey's Semi-Sweet Choc.	28.35	1 bar, 5¢	152	1.2	9.2	16.9	8	41	.9	-	17	65	.1	-	10		-	-
Hershey's Semi-Sweet Choc.	142	1 bar, large	759	5.9	46.2	84.4	40	203	4.6	-	83	326	.6	-	49		-	-
Hershey's Sirup	28.35	1 oz.	69	.7	.3	16.5	5	26	.6	-	11	41	.1	-	-		-	-
Jelly Beans	28.35	10 beans	66	0.	0.	16.7												0
Jolly Jack	76.5	1 bar	226	3.9	9.2	58.5	21	42	-	(0)							3.0	.3
Lollipops	28.35	6 small, 1 med., 2 1/4" diam.	108	0.	0.	28.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	0			0
Lollipops	56.7	1 large, 2 oz.	216	0.	0.	56.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	0			0
Mars, Candy Bar	55.5	1 bar	252	3.5	11.8	34.5	73	89	.5	0	22	166	.4	tr.	-		-	-
Mars, Forever Yours	44.1	1 bar	168	1.5	2.2	36.8	30	61	.2	0	21	72	.2	tr.	-		-	-
Mars, Milky Way	45	1 bar	167	1.7	2.8	34.9	41	50	.3	0	21	157	.2	tr.	-		-	-
Mars, Ping	47.5	1 bar	195	2.8	3.9	38.5	7	29	.4	0	11	20	.1	tr.	-		-	-
Mars, Snicker	42.5	1 bar	163	2.5	4.0	30.5	36	49	.2	0	14	141	1.0	tr.	-		-	-
Mars, Three Musketeers	59.3	1 bar	224	1.2	1.4	53.5	23	29	.3	0	9	67	.6	tr.	-		-	-
Marshmallow, chocolate	11	1 average (40 to 1 lb.)	45	.3	1.2	8.6	-	10	.1	0	tr.	9	tr.	(0)	0		-	tr.
Marshmallow, plain*	7.6	1 average (60 to 1 lb.)	25	.2	0.	6.2	*	*	*	0	*	*	*	0	*		-	(0)
Mints, cream	15	10 mints, 1/2" cubes	53	0.	0.	13.7	(0)	(0)	(0)	(0)	(0)	(0)	0	0	0		-	0
Peanut brittle	25	1 pc., 2 1/2"x2 1/2"x3/8"	110	2.1	3.9	18.2	10	31	.5	7	22	12	1.2	0	(0)	.6		.2

No acid base values were secured from either the Hershey Chocolate Company or the Mars, Inc. Company.

The caloric values have been adjusted to the values used in Source 1 and outlined in the Table giving detailed figures on the Physiological Energy Factors to be Applied to Nutrients in Foods.

* Some brands of marshmallows (Shotwell's Puritan) have been fortified with calcium, phosphorus, iron, the B and D vitamins.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
SWEETS - Preserves, Jellies, Jams and Similar Foods																		
Apple butter, canned	20	1 tbsp. level or heaping tsp.	37	.1	.2	9.1	3	4	.1	(0)	2	4	.04	tr.	0		-	.2
Apple butter, canned	100	5 tbsp.	184	.4	.8	45.4	14	21	.6	(0)	10	20	.2	2	0		-	1.1
Assorted jams, commercial	20	1 tbsp. level or heaping tsp.	55	.1	.1	14.2	2	2	.1	2	4	4	.04	1	(0)		-	.1
Assorted jams, commercial	100	5 tbsp.	278	.5	.3	70.8	12	12	.3	10	20	20	.2	6	(0)		-	.6
Assorted jellies	20	1 tbsp. level or heaping tsp.	50	0.	0.	13.0	(2)	(2)	(.1)	(2)	(4)	(4)	(.04)	1	(0)		-	0
Assorted jellies	100	5 tbsp.	252	.2	0.	65.0	(12)	(12)	(.3)	(10)	(20)	(20)	(.2)	4	(0)		-	0
*Chutney, apple	100	5 tbsp.	206	.8	.1	52.3	27	34	1.0	-	-	-	-	-	(0)		4.6	-
*Chutney, tomato	100	5 tbsp.	155	1.1	.1	38.8	26	36	.9	-	-	-	-	-	(0)		5.3	-
Guava butter	20	1 tbsp. level or heaping tsp.	39	0.	0.	10.0	-	-	-	-	-	-	-	16	0		-	0
xGuava jelly	20	1 tbsp. level or heaping tsp.	50	0.	0.	13.0	-	-	-	-	-	-	-	11	0		-	0
xGuava jelly	100	5 tbsp.	252	0.	0.	65.0	-	-	-	-	-	-	-	53	0		-	0
Jam, grape	20	1 tbsp. level or heaping tsp.	59	.1	tr.	15.0	2	2	.3	6	4	6	.02	tr.	0		-	-
Jam, plum	20	1 tbsp. level or heaping tsp.	59	.1	tr.	15.0	2	2	.3	64	4	4	.1	2	0		-	-
Marmalade, orange	20	1 tbsp. commercial	56	.2	.1	14.0	(4)	(3)	.1	(0)	4	4	tr.	2	0		-	-
Marmalade, orange	100	5 tbsp.(commercial)	278	.9	.4	70.0	(21)	(14)	(.3)	(0)	20	20	.1	8	0		-	-
xMarmalade, papaya	20	1 tbsp.	57	0.	0.	14.6	-	-	-	-	-	-	-	7	0		-	-
VEGETABLES																		
Artichokes, French,A.P., raw	200	1 large bud	51	2.8	.4	11.4	39	89	1.0	190	95	29	-	9	0		-	3.0
Artichokes, French,cooked,E.P.	100	1 lg. base, soft end of leaves	51	3.0	.2	11.8	39	89	1.0	170	56	27	-	4	0		-	1.9
Artichokes, Jerusalem, raw	100	4 small, 1 1/2" diam.	70	2.2	.1	16.5	-	-	-	-	60	-	-	7	0		-	.8
Asparagus, raw	100	5 to 6 stalks	21	2.2	.2	3.9	21	62	.9	1000	160	190	1.4	33	0		3.0	.7
Asparagus, cooked	100	2/3 cup cut pieces	20	2.4	.2	3.6	19	53	1.0	1040	130	170	1.2	23	0		3.0	.8
Asparagus, canned, green	126	6 stalks, 2 tbsp. liquid	22	2.4	.4	3.7	23	54	2.1	760	90	120	1.1	19	0		3.8	.6
Asparagus, canned, green	100	6 med. stalks, drained	21	2.4	.4	3.4	19	53	1.9	800	60	80	1.0	18	0		3.0	.8
Canned, bleached	126	6 stalks, 2 tbsp. liquid	23	2.0	.4	4.2	19	42	1.1	60	70	80	.9	19	0		3.0	.6
Canned, bleached	100	6 med. stalks, drained	22	2.1	.5	3.6	16	41	1.0	80	50	80	.9	18	0		3.2	.8
Asparagus, frozen	100	3 1/2 oz., 6 med. stalks	21	2.2	.2	3.9	21	62	.9	850	140	150	1.2	21	0		3.0	.7
Bamboo shoots	100	3/4 cup	25	2.5	.3	5.0	13	57	.5	23	50	-	.2	9	0		8.0	.8
Beans, common, dry seeds																		
Pinto and red Mexican, raw	100	1/2 cup dry beans	349	23.0	1.2	63.7	163	437	6.9	0	650	240	2.0	2	0		(18.0)	3.9
Red kidney, raw	100	1/2 cup dry beans	336	23.1	1.7	59.4	163	437	6.9	(0)	570	220	2.5	2	0		(18.0)	3.5
Canned or cooked,solids,liq.	128	1/2 cup, cooked	115	7.3	.5	21.0	51	158	2.5	(0)	60	60	1.0	0	0		(6.5)	1.2

* Data from English workers.
xData from University of Hawaii.
Note: All data for vegetables are for edible portion unless otherwise indicated. No allowances have been made for fats - butter, margarine, meat drippings or oils - commonly used for flavoring vegetables. Such fats or creamed sauces should be considered when diets are calculated.

FOOD TECHNOLOGICAL RESEARCH

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
VEGETABLES - Continued																		
Beans, common, dry seeds																		
Navy, pea bean, marrow, raw	100	1/2 cup scant, dry seeds	338	21.4	1.6	61.6	163	437	6.9	0	670	230	2.2	2	0		(18.0)	4.0
Canned, pork and molasses	130	1/2 cup	162	7.5	3.9	25.0	73	147	2.7	45	165	45	.6	3	0		(9.0)	1.2
" pork and tomato sauce	130	1/2 cup	147	7.5	2.7	24.0	53	147	2.3	110	165	45	.6	3	0		(8.0)	1.3
Beans, lima, green, raw	100	4 rounded tbsp.	128	7.5	.8	23.5	63	158	2.3	280	210	110	1.4	32	0		14.0	1.5
Beans, lima, green, cooked	80	1/2 cup	76	4.0	.3	14.7	23	62	1.4	230	110	70	.9	12	0		10.5	1.6
Canned, solids and liquid	125	1/2 cup	88	4.7	.4	16.8	33	91	2.1	165	45	55	.6	10	0		8.8	1.6
Canned, drained solids	80	1/2 cup	76	4.0	.3	14.7	23	62	1.3	145	20	45	.4	4	0		10.5	2.0
Beans, lima, green, frozen	100	3 1/2 oz., 3 rounded tbsp.	109	6.4	.7	19.9	53	134	1.9	220	100	70	.8	17	0		11.9	1.3
Beans, lima, dried, seeds	100	5/8 cup, dry seeds	333	20.7	1.3	61.6	68	381	7.5	0	480	180	2.0	2	0		(30.0)	4.3
Beans, lima, dried, baked	115	5/8 cup, cooked with bacon	276	11.1	13.6	27.8	34	192	3.6	0	200	90	.9	(0)	0		(12.5)	1.9
Beans, snap, green, raw	100	1 cup, 1" pieces	35	2.4	.2	7.7	65	44	1.1	630	80	110	.5	19	0		5.4	1.4
Cooked, short time, sm.amt.w.	125	1 cup	27	1.8	.2	5.9	45	29	.9	830	90	120	.6	18	0		4.1	.6
Cooked, long time, much water	125	1 cup	27	1.8	.2	5.9	45	29	.9	830	60	110	.5	12	0		4.1	.6
Canned, solids and liquid	239	1 cup	43	2.4	.2	10.0	65	45	3.3	990	80	100	.7	9	0		5.4	1.4
Canned, drained solids	125	1 cup	27	1.8	.2	5.9	45	29	2.1	620	40	70	.5	7	0		4.1	.6
Beans, snap, green, frozen	100	3 1/2 oz.	35	2.4	.2	7.7	65	44	1.1	450	70	100	.6	11	0		5.4	1.4
Beans, snap, wax, yellow, raw	100	1 cup, 1" pieces	35	2.4	.2	7.7	65	44	1.1	150	80	110	.5	19	0		5.4	1.4
Cooked, short time, sm.amt. w.	125	1 cup	27	1.8	.2	5.9	45	29	.9	198	90	120	.6	18	0		4.1	.6
Canned, solids and liquid	239	1 cup	43	2.4	.2	10.0	65	45	3.3	230	80	100	.7	9	0		5.4	1.7
Canned, drained solids	125	1 cup	27	1.8	.2	5.9	45	29	2.1	150	40	70	.5	7	0		4.1	.6
Beans, soya - See Soybeans																		
xBean sprouts, mung, raw	100	1 3/4 cup	23	2.9	.2	4.1	29	59	.8	10	70	90	.5	15	0		-	.7
xBean sprouts, mung, cooked	55	1/2 cup	13	1.6	.1	2.3	16	32	.4	6	(30)	45	.2	6	0		-	.4
xBean sprouts, soya, raw	100	1 1/3 cup	46	6.2	1.4	5.3	48	67	1.0	180	230	200	.8	13	0		-	.8
xBean sprouts, soya, cooked	77	3/4 cup	46	6.2	1.4	5.3	48	67	1.0	180	(184)	180	.6	4	0		-	.6
xBeans, winged, (goa)	100	2 cups (12 beans)	24	2.0	(.1)	4.0	63	41	.6	700	174	-	-	-	0		-	-
xBeans, winged, cooked	57	3/4 cup	12	1.0	0.	2.0	31	20	.3	343	85	-	-	0	0		-	-
Beets, red, raw, no peel	100	2 beets, 2" diam.	42	1.6	.1	9.6	27	43	1.0	20	20	50	.4	10	0		10.9	.9
Beets, red, cooked	83	1/2 cup, diced	34	.8	.1	8.1	18	26	.6	15	15	35	.2	5	0		8.7	.7
Canned, solids and liquid	123	1/2 cup, diced	41	1.1	.1	9.7	18	36	.8	20	10	30	.2	6	0		8.7	.6
Canned, drained solids	83	1/2 cup, diced	34	.8	.1	8.1	18	26	.6	15	10	25	.1	4	0		10.9	.6
Beet greens, raw	100	1/2 cup when cooked	27	2.0	.3	5.6	118*	45	3.2	6700	80	180	.4	34	0		(27.0)	1.4
Beet greens, cooked	100	1/2 cup	27	2.0	.3	5.6	118*	45	3.2	7440	50	160	.4	15	0		(27.0)	1.4

xData on cooked weight of these foods and for all values of winged beans from University of Hawaii. Analyses of bean sprouts in Hawaii differ from those listed in Handbook No. 8 or Source 1.
*Calcium may not be available due to high amounts of oxalic acid.
Note: No allowances have been made for fats used for flavoring vegetables.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
VEGETABLES - Continued																		
Broccoli, flower stalks, raw	100	1 stalk, 5 1/2" long	29	3.3	.2	5.5	130	76	1.3	3500	100	210	1.1	118	0		4.0	1.3
Broccoli, cooked	100	1 lg. stalk, or 2/3 cup	29	3.3	.2	5.5	130	76	1.3	3400	70	150	.8	74	0		4.0	1.3
Broccoli, frozen	100	3 1/2 oz.	23	2.5	.2	4.3	100	59	1.0	2330	70	120	.9	75	0		4.0	1.0
Brussels sprouts, raw	100	9 medium	47	4.4	.5	8.9	34	78	1.3	400	80	160	.7	94	0		1.0	1.3
Brussels sprouts, cooked	70	1/2 cup, 5 to 6	33	3.1	.4	6.2	24	55	.9	280	28	84	.4	33	0		.7	.9
Brussels sprouts, frozen	100	3 1/2 oz.	47	4.4	.5	8.9	34	78	1.3	340	50	140	.6	63	0		1.0	1.3
xBurdock, cooked	100	1/2 cup	123	1.1	.1	33.4	64	39	-	-	-	-	-	-	0		-	-
Cabbage, raw, (headed)	50	1/2 cup, shredded	12	.7	.1	2.7	23	16	.3	40	30	25	.2	25	0		2.2	.5
Cooked, short time, little water	85	1/2 cup	20	1.2	.2	4.5	39	27	.4	75	40	40	.3	27	0		3.7	.5
Cooked, long time, much water	85	1/2 cup	20	1.2	.2	4.5	39	27	.4	75	25	25	.2	16	0		3.7	.5
Cabbage, dehydrated	100	3 1/2 oz. unsulphited	310	14.4	1.9	72.5	394	288	4.9	540	530	380	2.9	218	0		-	11.1
Cabbage, slaw or coleslaw	84	2/3 cup (boiled dressing)	68	2.3	3.5	7.9	53	50	.5	200	50	85	.2	(12)	(4)		2.7	.5
Cabbage, celery or Chinese	100	1 cup, 1" pieces, raw	14	1.2	.3	2.4	43	41	.9	260	30	40	.4	31	0		-	.5
Cooked	100	1/2 to 5/8 cup	14	1.2	.3	2.4	43	41	.9	260	20	30	.3	22	0		-	.5
xCabbage, swamp, cooked	100	3/4 cup	18	2.8	.3	2.5	47	52	1.6	10600	80	-	-	10	0		-	-
Carrots, raw	100	1 lg., 2 small, 1 cup shredded	42	1.2	.3	9.3	39	37	.8	12000	60	60	.5	(6)	0		10.0	1.1
Carrots, cooked	75	1/2 cup, diced	23	.5	.4	4.8	20	20	.5	9375	38	38	.3	3	0		5.2	.6
Canned, solids, liquid	123	1/2 cup, diced	35	.6	.5	7.5	27	30	.8	14760	30	25	.4	3	0		8.0	.7
Canned, drained solids	75	1/2 cup, diced	23	.5	.4	4.8	20	20	.5	13178	15	15	.3	3	0		5.2	.6
Carrots, dehydrated	100	3 1/2 oz.	347	4.1	1.4	84.5	246	104	2.3	114800	310	300	3.0	12	0		(80.)	9.7
Catsup, See Tomato, catsup																		
Cauliflower, raw	100	1 cup flower pcs.	25	2.4	.2	4.9	22	72	1.1	90	110	100	.6	69	0		2.0	.9
Cauliflower, cooked	60	1/2 cup	15	1.5	.1	3.0	13	42	.7	54	35	50	.3	17	0		1.2	.5
Cauliflower, frozen	100	3 1/2 oz.	25	2.4	.2	4.9	22	72	1.1	80	90	80	.5	51	0		2.0	.9
Celeriac, raw	100	4 to 6 celery roots	38	1.7	.3	8.8	47	71	.8	-	-	-	-	-	0		8.8	1.4
Celery, raw, bleached	50	3 sm. inner stalks, 5" long	9	.6	.1	1.8	25	20	.2	0	30	20	.2	4	0		4.2	.3
Celery, raw, bleached	40	1 lg. outer stalk, 8" long	7	.5	.1	1.5	20	16	.2	0	20	20	.2	3	0		4.2	.4
Celery, raw, bleached	100	1 cup, diced	18	1.3	.2	3.7	50	40	.5	0	50	40	.4	7	0		8.4	.7
Celery, cooked	65	1/2 cup, diced	12	.9	.2	2.4	33	26	.3	0	25	20	.2	3	0		5.6	.5
Chard, leaves and stalks, raw	100	1/3 to 1/2 cup when cooked	21	1.4	.2	4.4	105*	36	2.5	2800	60	70	.4	38	0		16.0	.9
Cooked	75	1/2 cup	15	1.1	.2	3.3	79*	27	1.9	2333	30	60	.3	13	0		12.0	.8
Chard, leaves only, raw	100	1/3 to 1/2 cup when cooked	27	2.6	.4	4.8	105*	36	2.5	8720	60	180	.4	38	0		(16.0)	.8
Cooked	88	1/2 cup	24	2.3	.4	2.4	92*	32	2.2	8480	35	140	.3	15	0		(12.0)	.7
Chickory or Endive, curly	50	15 to 20 inner leaves	10	.8	.1	2.0	40	28	.9	1500	35	60	.2	6	0		4.5	.4

xData from University of Hawaii.

*Calcium may not be available due to oxalic acid in chard.

Note: Earlier studies have shown that the outer leaves of cabbage have higher iron, vitamin A and riboflavin values. No recent confirmation could be found on values for the outer leaves nor for the high vitamin A reported earlier for Chinese cabbage. Red or savoy cabbage has similar food composition values. Minerals and vitamins are higher. Outside green stalks of celery and celery leaves also have higher mineral and vitamin values than bleached stalks. No recent data available.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
VEGETABLES - Continued																		
Chickory or Endive, curly	25	10 small inner leaves	5	.4	tr.	1.0	20	14	.4	750	18	30	.1	3	0		2.3	.2
Chickpeas or Garbanzos	100	1/2 cup dried peas	359	20.8	4.7	60.9	92	375	7.1	tr.	550	170	1.5	(2)	0		-	5.3
Collards, raw	100	1/2 cup when cooked	40	3.9	.6	7.2	249	58	1.6	6870	110	270	2.0	100	0		5.0	1.2
Cooked in sm. amt. of water	100	1/2 cup	40	3.9	.6	7.2	249	58	1.6	7630	80	240	1.7	44	0		5.0	1.2
Cooked in lg. amt.long time	100	1/2 cup	40	3.9	.6	7.2	249	58	1.6	7630	70	210	1.4	33	0		5.0	1.2
Corn, sweet,white,yellow,raw	100	1 medium ear	92	3.7	1.2	20.5	9	120	.5	390x	150	120	1.7	12	0	(4.0)		.8
Cooked	140	1 ear, 5" long, 1 3/4" diam.	84	2.7	.7	20.0	5	51	.6	390x	110	100	1.4	8	0	(3.8)		.7
Canned, solids and liquid	128	1/2 cup	85	2.6	.7	20.6	5	66	.7	260x	35	65	1.2	7	0	(3.8)		1.0
Canned, drained solids	83	1/2 cup	70	2.3	.6	16.7	4	43	.5	190x	30	50	.8	5	0	(3.0)		9.1
Frozen	100	3 1/2 oz.	77	3.2	.9	17.3	8	101	.4	110x	120	100	1.4	8	0			.7
Cowpeas or Black-eyed peas																		
Immature seeds, raw	100	2/3 to 3/4 cup	130	9.4	.6	22.7	37	182	2.5	360	390	90	.9	31	0		-	-
Immature seeds, cooked	80	1/2 cup	76	5.7	.5	12.7	30	146	2.0	310	230	65	.7	16	0		-	-
Dried, mature seeds, raw	100	1/2 cup	342	22.9	1.4	61.6	77	451	6.5	30	920	160	2.2	2	0		-	4.2
Young green pods, raw	100	1 cup raw, 2/3 cup cooked	44	3.4	.3	9.2	53	65	1.1	1670	160	100	1.1	34	0		-	1.8
Cress, garden, raw	10	5 to 8 sprigs	4	.4	.1	.5	21	4	.3	297	11	17	.1	9	0		(.8)	.1
Cooked, sm. amt. of water	90	1/2 cup	37	3.8	1.3	4.8	190	34	2.6	2870	65	135	.7	35	0		(8.0)	1.7
Cress, water, raw	10	10 sprigs	2	.2	tr.	.3	20	5	.2	472	8	16	.1	8	0		.8	(.1)
Cress, water, raw	100	80 to 100 sprigs	18	1.7	.3	3.3	195	46	2.0	4720	80	160	.8	77	0		7.5	.5
Cucumber, raw	50	1/2 medium, 6 to 8 sl. pared	6	.4	.0	1.4	5	10	.2	0	20	20	.1	4	0		4.0	.3
Cucumber, raw	50	4 slices unpared, 1/8" thick	(6)	(.4)	(.0)	(1.4)	(5)	(10)	(.6)	(130)	(20)	(20)	(.1)	(4)	0		(4.0)	(.6)
Cucumber pickles - See Pickles																		
Dandelion greens, raw	100	1/2 cup after cooking	44	2.7	.7	8.8	187	70	3.1	13650	190	140	(.8)	36	0		19.5	1.8
Dandelion greens, cooked	90	1/2 cup	40	2.5	.7	7.9	168	63	2.8	13655	115	110	.7	15	0		17.6	1.6
Dasheen, (Japanese Taro)	100	4 small	66	1.4	.1	15.3	13	32	.2	80	125	-	-	8	0		-	.7
Dock or sorrel, raw	100	1/2 cup after cooking	20	2.1	.3	3.4	*	-	1.4	14000	75	-	-	100	0		-	.8
Eggplant, raw	100	2 slices or 1/2 cup diced	24	1.1	.2	5.5	15	37	.4	30	40	50	.6	5	0		4.0	.9
Endive, raw - See Chickory	100	20 long leaves, 40 small inner	20	1.6	.2	4.0	79	56	1.7	3000	70	120	.4	11	0		9.0	.8
Escarole	20	7 small inner leaves	4	.3	tr.	.8	16	11	.3	(2000)	14	24	.1	2	0		(2.3)	.2
Escarole	50	2 large leaves	10	.8	.1	2.0	40	28	.9	(5000)	35	60	.2	6	0		(4.5)	.4
Garbanzos - See Chickpeas																		
Garlic, bulbs, peeled	10	5 bulbs or "cloves"	9	.4	tr.	2.0	1	14	.2	-	-	-	-	3	0		-	.1
Ginger root	100		40	1.6	1.1	6.9	31	50	6.6	-	160	430	.8	4	0		-	1.0
Gourds, average, raw	100	1/2 cup after cooking	16	.6	.1	3.8	18	20	.5	-	-	-	-	-	0		-	-

xVitamin A values are for yellow varieties of corn. White corn contains only a trace of vitamin A.
*Calcium may not be available because of presence of oxalic acid.
Note: Many investigators have reported higher values for vitamin A in escarole (as indicated) than for endive.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
VEGETABLES - Continued																		
Kale, fresh, raw	100	1 cup scant when cooked	40	3.9	.6	7.2	225	62	2.2	7540	100	260	2.0	115	0		9.8	1.2
Kale, cooked	100	1 cup scant, large serving	40	3.9	.6	7.2	225	62	2.2	8380	70	230	1.7	51	0		9.8	1.2
Kale, cooked	50	1/2 cup, scant	20	2.0	.3	3.6	113	31	1.1	4190	35	115	.9	26	0		4.9	.6
Kale, frozen	100	3 1/2 oz.	40	3.9	.6	7.2	225	62	2.2	7000	80	220	1.7	47	0		9.8	1.2
Kohlrabi, raw	100	2/3 cup, diced	30	2.1	.1	6.7	46	50	.6	tr.	60	50	.2	61	0		11.0	1.1
Kohlrabi, cooked	75	1/2 cup	23	1.6	.1	5.0	35	38	.5	tr.	30	30	.2	28	0		8.3	.8
Lambsquarters or pigweed	100	1/2 cup, cooked	45	3.8	.7	8.3	156*	68	3.0	10000	167	469	1.2	109	0		2.5	2.6
Leeks, raw	100	3 to 4, 5" long	40	2.5	.4	7.9	58	56	.7	1000	120	-	-	15	0		7.0	1.3
Lentils, dried, whole	100	1/2 cup dry seeds	337	25.0	1.0	59.5	59	423	7.4	570	560	240	2.2	5	0	6.0		3.7
Lentils, dried, split	100	1/2 cup dry seeds	339	24.0	1.2	60.4	34	292	7.4	570	560	240	2.2	5	0	6.5		1.7
Lentils, dried, cooked	95	1/2 cup cooked, (whole seeds)	101	7.5	.3	17.9	18	127	2.2	(170)	130	65	.5	(0)	(0)	1.8		1.1
Lettuce, headed, raw	10	1 small leaf	2	.1	tr.	.3	2	3	.1	54	4	8	tr.	1	0		.6	.1
Lettuce, headed, raw	30	3 small leaves	5	.4	.1	.9	7	8	.2	162	12	24	.1	2	0		1.8	.2
Lettuce, headed, raw	50	2 large, 5 small leaves	7	.6	.1	1.4	11	12	.2	270	20	40	.1	4	0		3.0	.5
Lettuce, other types	10	1 small leaf	2	.1	tr.	.3	6	2	.1	162	4	8	tr.	2	0		.8	.1
Lettuce, other types	30	3 small leaves	5	.4	.1	.9	19	6	.3	486	12	24	.1	5	0		2.4	.2
Lettuce, other types	50	2 large, 4 to 5 small leaves	7	.6	.1	1.4	31	10	.6	810	20	40	.1	9	0		4.0	.5
Lotus root	100	2/3 average segment	55	2.4	.1	12.4	25	86	2.7	0	70	-	-	47	0		-	-
Mushrooms, fresh, raw	100	10 small, 4 large	16	2.4	.3	4.0	9	115	1.0	0	100	440	4.9	5	0		4.0	.9
Sauted or fried	70	7 small,3 large(6 serv,from 1 lb)	78	1.7	7.4	2.8	8	81	.7	173	55	275	2.9	tr.	2		1.3	.7
Canned, solids, liquid	122	1/2 cup	14	1.7	.3	4.5	(9)	(110)	(1.0)	0	20	300	2.4	(0)	0		3.8	-
Mustard greens, raw	100	1/3 to 1/2 cup when cooked	22	2.3	.3	4.0	220	38	2.9	6460	90	200	.8	102	0		-	.8
Mustard greens, cooked	100	1/3 to 1/2 cup	22	2.3	.3	4.0	220	38	2.9	7180	60	180	.7	45	0		-	.8
Okra, raw	100	8 to 9 pods	32	1.8	.2	7.4	82	62	.7	740	80	70	1.1	30	0		2.6	1.0
Okra, cooked	85	8 pods, 3" long	28	1.5	.2	6.3	70	53	.6	630	50	50	.7	17	0		2.2	.9
Olives - See Fruit																		
Onions, mature, raw	100	1 onion, 2 1/4" diam.	45	1.4	.2	10.3	32	44	.5	50	30	40	.2	9	0		1.0	.8
Chopped, raw	10	1 tablespoon	4	.1	.0	1.0	3	4	.0	5	3	4	tr.	1	0		.1	.1
Cooked	100	1/2 cup, 2 to 3 small	38	1.0	.2	8.7	32	44	.5	50	20	30	.2	6	0		(.1)	.7
Dehydrated	10	2 rounded tablespoons	35	1.1	.1	8.0	17	27	.3	13	25	18	.1	4	0		(.1)	.5
Onions, young (scallions)	50	5, 5 1/4" long, 1/2" diam.	23	.5	.1	5.3	68	12	.4	(25)	(15)	(20)	(.1)	12	0		(1.5)	.9
Parsley, raw	10	10 small sprigs	5	.4	.1	.9	19*	8	.4	823	11	28	.1	19	0		-	.2
Parsley, raw, chopped	3.5	1 tablespoon	1	.1	.0	.3	7*	3	.2	288	4	10	tr.	7	0		-	.1
Parsnips, raw	100	1/2 large	78	1.5	.5	18.2	57	80	.7	0	80	120	.2	18	0		8.0	2.2

*Calcium may not be available due to presence of oxalic acid.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
VEGETABLES - Continued																		
Parsnips, cooked	78	1/2 cup	47	.8	.4	10.7	44	62	.6	0	45	80	.1	10	0		6.0	1.6
Peas, green, raw	100	3/4 cup shelled peas	98	6.7	.4	17.7	22	122	1.9	680	340	160	2.7	26	0		1.3	2.2
Peas, green, cooked	80	1/2 cup	56	3.8	.3	9.7	18	98	1.5	575	200	110	1.9	12	0		.7	1.8
Canned, solids, liquid	125	1/2 cup	84	4.3	.5	16.1	31	84	2.3	675	138	75	1.3	10	0		.8	1.8
Drained solids	80	1/2 cup	73	3.6	.5	13.8	26	62	1.7	535	95	50	.8	8	0		1.6	1.8
Peas, green, frozen	100	3 1/2 oz.	75	5.7	.3	12.9	17	94	1.5	670	330	110	1.9	18	0		(1.0)	1.9
Peas, dried, whole seed	30x	1/2 cup, cooked	102	7.1	.4	18.1	17	116	1.4	(100)	185	58	.8	(0)	0		-	1.6
Peas, dried, whole seed	100	1/2 cup dry seeds	339	23.8	1.4	60.2	57	388	4.7	370	770	280	3.1	2	0		-	5.4
Peas, dried, solit	30x	1/2 cup cooked	103	7.4	.3	18.5	10	80	1.5	(100)	185	58	.8	0	0		-	.4
Peas, dried, split	100	1/2 cup seeds - no seed coat	344	24.5	1.0	61.7	33	268	5.1	370	770	280	3.1	2	0		-	1.2
Peas, edible pods, raw*	100	29 to 33 pods	31	3.3	.1	6.1	43	62	.8	-	-	-	-	-	0		-	1.4
Peppers, green, raw	10	1 tbsp., chopped, or 1 strip 1/2"	3	.1	tr.	.6	1	3	tr.	63	4	7	tr.	12	0		.2	.1
Pepper, green, raw	75	1 shell, empty, 3 1/2" long	19	.9	.2	4.3	8	19	.3	453	30	53	.3	90	0		1.3	1.1
Pepper, shell, baked	65	1 shell, no filling	17	.8	.1	3.9	7	16	.3	481	26	46	.3	64	0		1.2	1.0
Pickles, cucumber	100	1 large dill	11	.7	.2	2.1	25	20	1.2	310	tr.	60	tr.	6	0		-	.4
Fresh, bread and butter	30	4 slices, 1 1/2" diam. x 1/4"	21	.3	.1	5.1	10	8	.5	54	6	12	tr.	3	0		-	-
Sour or mixed	135	1 large, 4" diam. x 1 3/4"	15	.7	.3	3.0	34	27	1.6	420	tr.	90	tr.	8	0		-	.5
Sweet or mixed	10	1 pickle, 2" x 5/8"	11	.1	tr.	2.6	2	2	.1	11	(0)	2	tr.	1	0		-	-
Sweet or mixed	13	1 tbsp., chopped	14	.1	.1	3.4	2	2	.2	14	tr.	3	tr.	1	0		-	-
Pimientos, canned	35	1 medium	9	.3	.2	2.0	2	6	.5	805	7	21	.1	33	0		-	.2
Pimientos, canned	100	2 lg., 3 medium	27	.9	.5	5.8	7	17	1.5	2300	20	60	.4	95	0		-	.6
Poi, 2 Finger	100	1/2 cup, scant	62	.6	0.	15.1	12	29	.6	35	48	-	-	5	0			-
Poke, raw	100	1/2 cup when cooked	23	2.6	.4	3.7	-	-	-	-	-	-	-	274	0		-	-
Potatoes, white, raw	100	1 potato, 2 1/4" diam.	83	2.0	.1	19.1	11	56	.7	20	110	40	1.2	17	0		9.0	.4
Baked, (wt. without skin)	100	1 medium, 2 1/2" diam.	98	2.4	.1	22.5	13	66	.8	20	110	50	1.4	17	0		10.6	.5
Baked, (wt. without skin)	150	1 potato, 3 1/4" diam.	147	3.6	.1	33.7	20	99	1.2	30	165	75	2.1	26	0		15.9	.7
Boiled, peeled before cooking	100	1 potato, 2 1/4" diam.	83	2.0	.1	19.1	11	56	.7	20	90	30	1.0	14	0		9.0	.4
Boiled, unpeeled	100	1 potato, 2 3/8" diam.	83	2.0	.1	19.1	11	56	.7	20	100	40	1.2	15	0		9.0	.4
Creamed	117	1/2 cup scant, 2 hp. tbsp.	116	3.5	5.3	14.1	79	87	.5	222	56	120	.7	8	1		5.5	.2
French-fried	50	10 pieces, 2" x 1/2" x1/2"	197	2.7	9.6	26.0	15	76	1.0	25	90	55	1.7	14	0		12.2	.6
Fried, raw	85	1/2 cup	240	3.3	12.1	30.9	18	90	1.1	30	105	65	1.9	17	0		14.9	.7
Hashed browned, (day old)	100	1/2 cup	241	3.3	11.7	31.9	18	93	1.2	30	80	60	1.7	7	0		14.9	.7
Mashed with milk, margarine	100	1/2 cup, 2 heaping tbsp.	123	2.1	6.0	15.9	27	59	.6	260	80	50	.8	7	0		9.6	.3
Steamed or pressure cooked	100	1 potato, 2 1/4" diam.	83	2.0	.1	19.1	11	56	.7	20	100	40	1.2	14	0		9.0	.4

xDry weight of peas before cooking.
*Values will vary with the degree of development of peas in the pod. Data from University of Hawaii.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	VITAMINS Thiamine mcg.	VITAMINS Riboflavin mcg.	VITAMINS Niacin mg.	VITAMINS Ascorbic Acid mg.	VITAMINS D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
VEGETABLES - Continued																		
Potatoes, white, canned																		
Solids and liquid	100	1/3 to 1/2 cup, scant	58	1.7	.0	13.1	8	39	.5	10	60	30	.8	9	0		7.7	.3
Solids and liquid	250	1 cup	144	4.2	.0	32.8	20	98	1.2	30	140	70	2.1	22	0		18.3	.8
Drained solids	100	3 very small potatoes	83	2.0	.1	19.1	11	56	.7	20	80	30	.9	13	0		(9.0)	.4
Potatoes, white, dehydrated	100	3 1/2 oz.	357	7.1	.7	82.2	25	88	4.0	40	300	110	4.5	23	0		(32.0)	2.2
Potato chips	20	10 pc., 2" diam.	108	1.3	7.4	9.8	(6)	(30)	(.4)	(10)	(40)	(20)	(.6)	2	0		5.8	.7
Pumpkin, canned	100	1/2 cup, scant	33	1.0	.3	7.9	(20)	(36)	(.7)	3400	20	60	.5	-	0		-	1.2
Pumpkin, canned	228	1 cup	76	2.3	.7	18.0	(46)	(82)	(1.6)	7750	40	140	1.2	-	0		-	2.7
xPurslane, raw	25	1/2 cup	3	.3	tr.	.8	12*	9	.4	875	10	(33)	(.1)	5	0		-	.2
xPurslane, cooked	55	1/2 cup, scant	5	.5	tr.	1.3	23*	15	.7	1435	17	(50)	(.2)	5	0		-	.3
Radish, red, raw	10	1 small, 1" diam.	2	.1	tr.	.4	4	3	.1	3	3	2	tr.	8	0		.3	.1
Romaine (lettuce)	10	1 large leaf, 2 small	2	.1	tr.	.3	6	2	.1	162	4	8	tr.	2	0		.8	.1
Rutabagas, raw	100	1/2 cup scant, when cooked	38	1.1	.1	8.9	55	41	.4	330	70	80	.9	36	0		8.5	1.3
Rutabagas, cooked	80	1/2 cup, cubed	26	.6	.1	6.0	44	33	.3	280	40	56	.6	17	0		6.8	1.1
Salsify or vegetable oyster	100	2/3 cup when cooked	77	3.5	1.0	15.5	60	53	1.2	-	-	-	-	7	0		2.9	1.8
Sauerkraut, canned	100	2/3 cup, drained solids	22	1.4	.3	4.4	36	18	(.5)	40	30	60	.1	16	0		-	.9
Soybeans, dried, whole	100	1/2 cup beans, dry	331	34.9	18.1	(34.8)	227	586	8.0	110	1070	310	2.3	tr.	0		-	5.0
xSoybeans, fresh, raw	100	2/3 cup when cooked	135	14.4	3.4	13.8	99	272	2.8	1700	190	-	-	20	0		-	1.5
Soybean curd	100	1 cake, 2 1/2" x 2 1/2" x 1"	71	7.0	4.1	3.0	100	95	1.5	-	60	50	.4	(0)	0		-	.1
Soybean milk, plain	100	3/8 cup	33	3.4	1.5	2.1	21	47	.7	-	90	40	.3	(0)	0		-	.0
Sprouts - See Bean sprouts																		
Spinach, raw	100	1/2 cup scant when cooked	20	2.3	.3	3.2	81*	55	3.0	9420	110	200	.6	59	0		-	.6
Spinach, cooked	90	1/2 cup	23	2.8	.6	3.3	111*	30	1.8	10600	70	180	.6	27	0		-	.9
Canned, solids, liquids	116	1/2 cup	23	2.7	.5	3.5	105*	39	1.9	7875	20	115	.4	17	0		-	.6
Drained solids	90	1/2 cup	23	2.8	.6	3.3	111*	30	1.8	6870	20	105	.4	13	0		-	.9
Spinach, frozen	100	3 1/2 oz.	20	2.3	.3	3.2	81*	55	3.0	6820	70	170	.5	38	0		-	.6
Squash, summer, cooked	100	1/2 cup scant, diced	16	.6	.1	3.9	15	15	.4	260	40	70	.6	11	0		1.0	.5
Frozen	100	3 1/2 oz.	16	.6	.1	3.9	15	15	.4	220	40	80	.7	11	0		1.0	.5
Squash, winter, baked	100	1/2 cup	47	1.9	.4	11.0	24	35	.8	6190	50	150	.6	7	0		3.0	1.8
Squash, winter, boiled	100	1/2 cup scant, mashed	38	1.5	.3	8.8	19	28	.6	4950	40	100	.4	5	0		3.0	1.4
Sweet potatoes, raw	100	1 small, peeled	123	1.8	.7	27.9	30	49	.7	7700	90	50	.6	22	0		6.0	1.0
Sweet potatoes, baked	120	1 med. 5"x2", peeled	183	2.6	1.1	41.3	44	72	1.1	11410	120	80	.9	28	0		7.2	1.4
Sweet potatoes, baked	180	1 large, peeled	274	4.0	1.6	61.9	67	108	1.6	17118	180	108	1.4	41	0		13.2	2.2
Sweet potatoes, boiled	200	1 large, 5"x2 1/2"	246	3.6	1.4	55.8	60	98	1.4	15400	180	100	1.2	40	0		12.0	2.0

x Data from University of Hawaii, 1949.
* Calcium may not be utilized due to oxalic acid present in high amounts.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	
VEGETABLES - Continued																		
Sweet potatoes, candied	200	2 halves, 3 3/4"x2 1/4"	358	3.0	7.2	72.4	72	90	1.8	12500	80	80	1.0	18	(0)		12.0	1.6
Sweet potatoes, canned	100	1/2 cup, scant	107	2.0	.1	25.0	25	41	.8	8850	50	40	.5	14	0		(6.0)	1.0
Sweet potatoes, dehydrated	100	3 1/2 oz.	362	5.0	.9	84.5	75	74	2.3	19980	210	140	1.9	32	0		(18.5)	3.1
Tampala, leaves, raw	100	1/2 cup when cooked	37	2.1	.2	8.4	*	229	3.4	12333	1600	-	-	51	0		-	.9
xTaro, Hawaiian, raw	100	3/4 cup cubed	130	1.2	.2	31.1	26	61	.9	75x	105x	-	-	5x	0		-	.8
Taro, Japanese (Dasheen)	100	4 small	67	1.4	.1	15.3	13	32	.2	80	125	-	-	4	0		-	.7
xTaro, leaves or Luau	100	6 1/2 leaves, 2/3 cup cooked	27	4.1	.5	2.0	107	79	1.3	20000	150	-	-	43x	0		-	1.4
Tomatoes, raw	100	1 small	20	1.0	.3	4.0	11	27	.6	1100	60	40	.5	23	0		5.0	.6
Tomatoes, raw	150	1 medium	30	1.5	.5	6.0	17	41	.9	1650	90	60	.8	34	0		7.5	.9
Tomatoes, raw	200	1 large	40	2.0	.6	8.0	22	54	1.2	2200	120	80	1.0	46	0		10.0	1.2
Tomatoes, canned	100	1/2 cup, scant	19	1.0	.2	3.9	(11)	(27)	(.6)	1050	60	30	.7	16	0		5.0	.4
Tomatoes, canned	120	1/2 cup	23	1.2	.2	4.7	(13)	(32)	.7	1260	72	36	.8	19	0		6.0	.2
Tomato juice, canned	100	1/3 - 1/2 cup	21	1.0	.2	4.3	(7)	(15)	(.4)	1050	50	30	.8	16	0		5.0	.2
Tomato catsup	17	1 tablespoon	17	.3	.1	4.2	2	3	.1	(320)	15	12	.4	2	0		-	.1
Tomato catsup	100	6 tablespoons	98	2.0	.4	24.5	12	18	.8	(1880)	90	70	2.2	11	0		-	.4
Tomato flakes	100	3 1/2 oz.	340	10.8	3.3	76.7	119	293	6.5	3720	650	430	6.5	114	0		-	6.5
Tomato puree, canned	100	6 tablespoons	36	1.8	.5	5.2	(11)	(37)	(1.1)	1880	90	70	1.8	28	0		8.0	.4
Tomato puree, canned	249	1 cup	90	4.5	1.2	17.9	(27)	(92)	(2.7)	4680	220	170	4.5	69	0		20.0	1.0
Tomato soup - See Soups																		
Turnip greens, raw	100	1/2 to 2/3 cup after cooking	30	2.9	.4	5.4	259	50	2.4	9540	90	460	.8	136	0		-	1.2
Cooked tender, little water	73	1/2 cup greens	22	2.1	.3	3.9	188	36	1.8	7685	45	300	.5	44	0		-	.9
Cooked long, much water	73	1/2 cup greens	22	2.1	.3	3.9	188	36	1.8	7685	35	260	.4	33	0		-	.9
Canned, solids, liquids	100	1/2 cup, scant	18	1.5	.3	3.2	100	30	1.6	4400	20	90	.6	20	0		-	.7
Turnips, white, root, raw	100	3/4 cup, diced	32	1.1	.2	7.1	40	34	.5	tr.	50	70	.5	28	0		2.7	1.1
Turnips, white, cooked	100	2/3 cup cooked, diced	27	.8	.2	6.0	40	34	.5	tr.	40	60	.4	18	0		2.3	1.2
Vegetable juices	100	1/2 cup scant V-8 cocktail	18	.9	.1	4.3	20	23	.5	882	45	29	.7	5	0		-	.2
Vegetable marrow, cooked	100	1/2 cup	16	.6	.1	3.9	15	15	.4	260	40	70	.6	11	0		1.0	.5
xWater chestnuts	25	4 chestnuts	17	1.5	.0	3.3	1	16	.4	-	-	-	-	-	0		-	.2
xWater chestnuts	100	16 chestnuts	69	5.9	.0	13.1	2	65	1.8	-	-	-	-	-	0		-	.8
Watercress, raw	10	10 average sprigs	2	.2	tr.	.3	20	5	.2	472	8	16	.1	8	0		.8	(.1)
Yams, raw	100	1/2 cup scant when cooked	105	2.4	.2	24.1	(4)	50	.6	3000*	100	150	.6	12	0		-	.9
Yams, cooked in skin	100	1/2 cup scant when cooked	105	2.4	.2	24.1	(4)	50	.6	3000*	90	150	.6	(10)	0		-	.9
Yams, cooked in skin	200	1 cup	210	4.8	.4	48.2	(8)	100	1.2	6000*	180	300	1.2	(20)	0		-	1.8
Yautia (malanga, tanier)	100	1 corm	136	2.1	.4	31.5	(4)	(50)	.6	*	(100)	(150)	.6	11	0		-	.8

x Data from University of Hawaii. The figures marked x in the columns are values after cooking.

* Vitamin A values will vary with depth of yellow coloring or its absence in white varieties of yams and yautia. All the values for yams and yautia vary greatly with the locality in which they were grown. If these foods are used extensively in the diet, data on locally grown foods should be used.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
VEGETABLES, STRAINED and CHOPPED for Infants and Juniors																		
*Beans, green, strained	28.35	2 tablespoons	5	.4	tr.	1.2	8	9	.3	148	11	18	.1	1	0		-	.2
*Beans, green, strained	100	7 tablespoons	19	1.3	.1	4.2	29	31	1.1	522	40	62	.5	3	0		-	.8
*Beans, green, Junior	28.35	2 tablespoons	5	.3	tr.	1.2	9	8	.3	308	9	16	.1	1	0		-	.3
*Beans, green, Junior	100	7 tablespoons	19	1.2	.1	4.4	32	29	1.0	1088	33	58	.4	5	0		-	1.0
Beets, strained	28.35	2 tablespoons	10	.4	.0	2.2	5	7	.2	3	3	9	tr.	2	0		-	.2
Beets, strained	100	7 tablespoons	34	1.4	.1	7.7	18	26	.8	10	10	30	.2	6	0		-	.6
Carrots, strained	28.35	2 tablespoons	7	.3	.0	1.7	7	7	.2	2535	6	9	.1	1	0		-	.3
Carrots, strained	100	7 tablespoons	26	1.1	.1	5.9	25	23	.6	8940	20	30	.5	4	0		-	.9
*Carrots, chopped, Junior	28.35	2 tablespoons	6	.2	tr.	1.4	7	8	.2	4687	8	9	.1	1	0		-	.2
*Carrots, chopped, Junior	100	7 tablespoons	22	.7	.1	4.9	25	28	.8	16533	29	31	.5	5	0		-	.6
Peas, strained	28.35	2 tablespoons	14	1.2	.1	2.2	5	18	.4	179	26	23	.3	2	0		-	.3
Peas, strained	100	7 tablespoons	49	4.1	.3	7.9	16	62	1.4	630	90	80	1.1	8	0		-	1.0
Spinach, strained	28.35	2 tablespoons	4	.5	.1	.7	22 x	11	.4	1191	57	31	.1	2	0		-	.2
Spinach, strained	100	7 tablespoons	17	1.9	.4	2.6	77 x	40	1.4	4200	20	110	.3	7	0		-	.6
*Spinach, chopped, Junior	28.35	2 tablespoons	4	.5	.1	.7	26 x	7	.4	1324	8	29	.1	3	0		-	.4
*Spinach, chopped, Junior	100	7 tablespoons	15	1.6	.3	2.3	93 x	25	1.3	4670	28	103	.4	11	0		-	1.4
Squash, strained	28.35	2 tablespoons	8	.3	.1	1.9	9	5	.1	556	6	17	.1	1	0		-	.2
Squash, strained	100	7 tablespoons	28	1.1	.2	6.7	31	19	.4	1960	20	60	.4	4	0		-	.7
*Squash, chopped, Junior	28.35	2 tablespoons	7	.2	tr.	1.9	7	6	.1	457	6	11	.1	2	0		-	.3
*Squash, chopped, Junior	100	7 tablespoons	27	.8	.2	6.6	26	22	.4	1613	21	38	.5	7	0		-	.9
*Sweet potatoes, strained	28.35	2 tablespoons	19	.3	tr.	4.5	4	8	.3	538	13	8	.1	2	0		-	.1
*Sweet potatoes, strained	100	7 tablespoons	66	.9	.1	15.7	15	28	1.2	1897	45	27	.3	9	0		-	.4
VITAMIN-RICH FOODS or PRODUCTS and OTHER DIETARY SUPPLEMENTS																		
Alacta (powdered milk)	8	1 tbsp. packed level	35	2.7	1.0	3.8	97	81	.1	-	-	-	-	-	-		.9	-
Alacta (powdered milk)	28.35	3 1/2 tbsp. packed level	121	9.4	3.4	13.2	340	284	.3	-	-	-	-	-	-		3.2	-
Ascorbic Acid tablets		1 tablet (25 milligrams)												25	0			0
Ascorbic Acid tablets		1 tablet (50 milligrams)												50	0			0
Ascorbic Acid tablets		1 tablet (100 milligrams)												100	0			0
Casec (protein product)	4.7	1 tbsp. packed level	17	4.2	.1	0.	76	38	-	-	-	-	-	-	-			0
Casec (protein product)	28.35	6 tbsp. packed level	105	24.9	.6	0.	454	227	-	-	-	-	-	-	-		.2	0
Ce-Vi-Sol	1 cc.													100				0
Cod liver oil, standardized	3.7	1 tsp. (Mead Johnson Co.)	33	.0	3.7	.0				6660					645	neu	tral	0

*Values of Gerber's strained and chopped vegetables.

XCalcium may not be available because of oxalic acid present.

The values of strained vegetables not marked with an * are from Source 1 and represent averages of various brands.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
VITAMIN-RICH FOODS or PRODUCTS and Other Dietary Supplements																		
Cod liver oil fortified with oleum percomorphum	3.7	1 teaspoonful	33	.0	3.7	.0				22200					3140	neu	tral	0
Cod liver oil with viosterol	3.7	1 teaspoonful	33	.0	3.7	.0				6600					1480	neu	tral	0
Dalactum		1 fluid oz. (29.5 cc.)	40	1.6	.8	6.6	64	59	.06						30			0
Dietene, chocolate	28.35	4 tablespoons, level	101	8.5	.7	15.3	320	260	4.0	1669	670	1200	6.2	24	167			(0)
Dietene, plain	28.35	4 tablespoons, level	100	8.9	.1	15.7	320	260	4.0	1669	670	1300	5.9	24	167			(0)
Dextri-Maltose with Yeast, Iron	28.35	4 tablespoons, level	110	.3	.0	27.5	-	-	2.8	(0)	300	100						(0)
Halibut liver oil	1		33	.0	3.7	.0				60000					850			0
Lonalac	8	1 tbsp. packed level	41	2.2	2.3	3.1											.1	0
Lonalac	28.35	3 1/2 tbsp. packed level	145	7.7	7.9	10.8											.3	0
Meloripe Banana Powder	100		347	5.0	2.0	87.0											-	3.0
Meritene	28.35	4 tablespoons, level	99	9.2	.1	15.4	284	227	4.0	1503	652	1219	6.2	24	150			.1
Multi-Purpose Food	28.35	2 tablespoons	100	12.0	-	-	167	125	2.0	834	200	335	2.0	(0)	67		-	-
Nutramigen	8	1 tbsp. packed level	37	1.2	1.5	4.5	65	49	.8								1.7	0
Nutramigen	28.35	3 1/2 tbsp. packed level	130	4.3	5.1	15.6	227	170	2.8								6.0	0
Olac	8	1 tbsp. packed level	38	1.9	1.5	4.3	57	49	.1								.3	0
Olac	28.35	3 1/2 tbsp. packed level	134	6.6	5.2	15.1	198	170	.3								1.1	0
Oleum percomorphum with other fish liver oils, viosterol		1 capsule								5000					700	neu	tral	0
	1									60000					8500	neu	tral	0
Polyvitamin Dispersion	3.25	1 teaspoon								5000	1000	800	5.0	50	1000			0
Poly-Vi-Sol (for infants)	.6cc.									5000	1000	800	5.0	50	1000			0
Protenum	8	1 tbsp. packed level	30	3.4	.2	3.7	96	73									1.2	(0)
Protenum	28.35	3 1/2 tbsp. packed level	105	12.0	.6	13.0	340	255									4.2	(0)
Protolysate	8	1 tbsp. packed level	30	6.0	-	-										5.1		(0)
Protolysate	28.35	3 1/2 tbsp. packed level	105	21.0	-	-										17.9		(0)
Veal bone ash tablets	2.7	10 tablets					1000	500									18.0	(0)
Veal bone ash tablets		1 tablet					100	50									1.8	(0)
Viosterol in oil	1														10000	neu	tral	0
Viosterol in oil		5 drops													1050	neu	tral	.3
Wheat germ	10	2 level tbsp. (wt. varies)	36	2.5	1.0	4.9	8	110	.8	(0)	205	80	.5	(0)	(0)	-		.3
Yeast, brewer's powder	2.5	1 teaspoon, level	9	1.3	.1	.9					470	156	1.0					(0)
Yeast, brewer's tablet	3.9	10 tablets	15	1.9	.1	1.4					600	200	1.5					(0)
Yeast, compressed cake	12	1 cake, (baker's type)	10	1.3	tr.	1.6	3	73	.6	(0)	54	248	3.4	(0)	(0)			tr.
Yeast, compressed cake	28.35	1 ounce (baker's type)	24	(3.0)	.1	3.7	7	172	1.4	(0)	130	590	8.0	(0)	(0)			.1

Vitamin and other dietary supplements vary with different brands. Consult labels.
Only a few types of products used by infants, children and adults are listed to indicate their contributions to the diet. Many of these analyses were secured from Mead Johnson and Company. These products are identified by their trade name.

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Approx. Excess Acid	Approx. Excess Base	Fiber gm.
UNCLASSIFIED MISCELLANEOUS ITEMS - Condiments and Foods																		
Arrowroot	8	1 tablespoon	29	.0	.0	7.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)			(0)
Bouillon cube	4	1 cube, meat extract	2	.2	.1	(0.)	-	-	-	-	-	72	1.0	0	0			(0)
Bouillon cube	4	1 cube, vegetable extract	8	.7	.0	1.9	2	20	.4	(0)	1	33	tr.	(0)	(0)			(0)
Chocolate, bitter	28.35	1 oz. or 1 square	142	(1.6)	15.0	8.3	28x	126	1.2	17	14	68	.3	(0)	(0)			.7
Chocolate, bitter	100	3 1/2 squares	501	(5.5)	52.9	29.2	98x	446	(4.4)	60	50	240	1.1	(0)	(0)			2.6
Chocolate, sweet, plain	28.35	1 oz. or 1 square	133	(.6)	8.4	17.8	18x	(81)	(.8)	(9)	(9)	(43)	(.2)	(0)	(0)			.4
Chocolate, sweet, plain	100	3 1/2 oz. or squares	471	(2.0)	29.8	62.7	63x	287	2.8	(30)	(30)	(150)	(.6)	(0)	(0)			1.4
Cocoa, dry, average	2.3	1 teaspoon, level	7	(.2)	.6	1.1	3x	17	.3	tr.	2	9	tr.	(0)	(0)			.1
Cocoa, dry, average	7	1 tablespoon, level	21	(.6)	1.7	3.4	9x	50	.8	2	8	27	.2	(0)	(0)			.3
Cocoa, dry, average	28.35	1 oz. or 4 tablespoons	83	2.3	6.7	13.9	35x	202	3.3	9	34	108	.7	(0)	(0)			1.3
Cocoa, dry, average	100	1 cup, scant	293	(8.0)	23.8	48.9	125x	712	11.6	(30)	120	380	2.3	(0)	(0)			4.6
Cocoa, dry, Hershey	28.35	1 oz. or 4 tablespoons	124	6.2	6.5	11.0	39	193	4.8	-	80	312	.5	(0)	12			-
Coffee, soluble	1	1 teaspoon, dry	-	-	-	-	-	-	-	-	10	3	.6	(0)	(0)			(0)
Coffee, soluble	100	3 1/2 ounces, dry	-	-	-	-	-	-	-	-	1140	350	56.0	(0)	(0)			(0)
Cornstarch	8	1 tablespoon	29	.0	.0	7.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)			(0)
Curry powder	2	1 teaspoon, level	4	.2	.2	.5	13	5	1.5	-	-	-	-	-	-		1.7	-
Garlic bulbs, peeled	2	1 bulb	2	.1	tr.	.4	tr.	3	tr.	-	-	-	-	tr.	-			tr.
Gelatine, dry, plain	10	1 tbsp. granulated	34	8.6	.0	0.	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)			(0)
Gelatine, dry, plain	100	10 tbsp.	335	85.6	.1	0.	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)			(0)
Gelatine, sweetened	85	1 box dessert powder	324	8.0	.0	75.6	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)			(0)
Mincemeat	100	1/2 - 2/3 cup	210	5.3	6.4	34.0	19	73	1.5	(150)	20	90	-	3	0			-
Mustard, prepared, brown	5	1 teaspoon, level	4	.3	.4	.3	5	6	.1	-	-	-	-	-	-			.1
Olives, green	100	varies with size - See Fruits	132	1.5	13.5	4.0	87	17	1.6	300	tr.	-	-	-	0			1.2
Olives, ripe, mission	100	varies with size - See Fruits	191	1.8	21.0	2.6	87	17	1.6	60	tr.	tr.	-	-	0			1.5
Olives, ripe, other	100	varies with size - See Fruits	128	1.2	13.5	3.1	87	17	1.6	60	tr.	tr.	-	-	0			1.7
Pickles, dill, cucumber	135	1 lg., 4" x 1 3/4" diam.	15	.9	.3	2.8	34	27	1.6	420	tr.	81	.1	8	0			.5
Pickles, mixed, chopped	13	1 tablespoon	14	.1	.1	3.4	2	2	.2	14	(0)	tr.	tr.	1	0			.1
Pickles, sweet	20	2 pickles 2" long	22	.2	.1	5.3	3	4	.3	22	(0)	tr.	tr.	1	0			.1
Postum, Instant	1	1 teaspoon, dry	4	.06	tr.	.8	1	9	tr.	-	-	-	-	-	-			0
Postum, Instant	100	3 1/2 oz., dry	361	6.1	.1	84.0	100	870	3.0	-	-	-	-	-	-			0
Tapioca, granulated	10	1 tablespoon	36	.06	tr.	8.6	1	1	.1	(0)	(0)	(0)	(0)	(0)	(0)			(0)
Vinegar	15	1 tablespoon	2	0.	-	(.8)	1	2	.1	-	-	-	-	-	0			0
Vinegar	120	1/2 cup	14	0.		(6.0)	8	12	.6	-	-	-	-	-	0			0
Yeast, compressed	12	1 cake, baker's type	10	1.3	tr.	1.6	3	73	.6	(0)	54	248	3.4	(0)	(0)			tr.

x Calcium may not be available because of the oxalic acid present.

Some of the foods listed under this section may be found in other sections of the book. They are repeated in the same or a different measure for convenience.

Many spices have high mineral values per 100 grams. The small quantity used by the average individual makes their contribution negligible.

(FOR ADDITIONAL DATA)

Food	Wt. gm.	Approximate Measure	Calories	Pro. gm.	Fat gm.	CHO gm.	Ca mg.	P mg.	Fe mg.	VITAMINS						Approx. Excess		Fiber gm.
										A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.	D I.U.	Acid	Base	

VALUES OF FOODS FOR ONE POUND AS PURCHASED UNLESS OTHERWISE INDICATED

Food	Calories	Protein Gm.	Fat Gm.	Carbohydrate Gm.	Calcium mg.	Phosphorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Almonds, dried, in shells	1386	43.2	125.5	45.5	589	1102	10.2	0	570	1550	10.6	Trace
Almonds, shelled, unblanched	2711	84.4	245.6	89.0	1153	2156	20.0	0	1120	3030	20.8	Trace
Apples, raw	232	1.2	1.6	59.6	24	40	1.2	360	160	120	.7	18
Apples, dehydrated in small pieces	1606	8.2	10.9	413.1	109	277	8.2	(0)	330	470	5.4	53
Apples, dried	1256	6.4	4.5	332.3	86	218	6.4	(0)	430	430	4.4	55
Apples and apricots, canned												
Strained infant food, 4¾ oz.	85	.5	.4	22.3	15	22	1.4	1445	27	27	.3	3
Apple butter	834	1.8	3.6	206.1	64	95	2.7	0	50	90	.7	8
Apple juice, fresh or canned	227	.5	(0)	62.7	27	45	2.3	160	90	140	Trace	5
Apple sauce, canned												
Strained infant food, 4¾ oz.	82	.7	.3	21.6	7	9	.5	108	14	27	.3	3
Sweetened	329	.9	.5	89.4	18	36	1.8	150	90	50	.2	5
Unsweetened	189	.9	.9	49.5	18	36	1.8	140	90	50	.2	5
Apricots, raw	216	4.3	.4	55.1	68	98	2.1	11930	120	220	3.5	29
Apricots, canned												
Strained with oatmeal, 5 oz.	129	1.3	.4	33.7	14	31	.7	3515	35	23	.6	(0)
Sirup pack, solids and liquid	363	2.7	.5	97.2	45	68	1.4	6140	70	100	1.5	18
Water pack, solids and liquid	144	2.3	.5	36.8	45	68	1.4	6140	70	100	1.5	18
Apricots, dried, sulphured	1188	23.6	1.8	303.7	390	540	22.2	33730	60	710	14.9	57
Apricots, frozen	372	3.2	.5	95.3	50	73	1.8	7540	90	140	2.3	18
Asparagus, raw	72	7.5	.7	13.3	71	211	3.1	3430	540	640	4.7	113
Asparagus, canned												
Bleached, solids and liquid	83	7.3	1.4	15.0	68	150	4.1	200	250	300	3.4	67
Green, solids and liquid	80	8.6	1.4	13.2	82	195	7.7	2750	310	440	3.9	67
Asparagus, frozen	95	10.0	.9	17.7	95	281	4.1	3860	640	680	5.4	95
Avocados, raw, Fuerte	833	5.8	89.8	17.3	34	129	2.0	970	210	460	3.9	54
Bacon, Canadian, raw	1047	100.3	68.0	1.4	59	953	15.0	(0)	4150	1110	23.5	0
Bacon, medium fat, raw, slab	2692	38.9	278.0	4.7	56	461	3.4	(0)	1620	500	8.2	0
Bacon, medium fat, raw, sliced	2857	41.3	295.0	5.0	59	490	3.6	(0)	1730	540	8.7	0
Bacon, canned	3144	39.5	328.7	2.7	68	427	6.4	(0)	1070	440	6.7	0
Bananas, raw, ripe	269	3.6	.6	69.9	24	85	1.8	1300	130	140	2.2	29
Bananas, baking or plantain	418	3.8	1.4	109.2	24	105	2.4	30-4200*	210	140	2.1	49
Barley, pearled, dry	1583	37.2	4.5	357.8	73	858	(9.1)	(0)	550	370	14.1	0
Barley, whole, dry	1590	58.1	9.5	330.2	341	1693	23.2	318	2769	545	21.3	0

*White fleshed baking bananas have about 30 I.U. of vitamin A per pound. Deep yellow varieties, 4200 units per pound.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Bass, average, trimmed	477	85.8	12.3	0.	98	950	4.7	(0)	(320)	(320)	(16.0)	9
Beans, common or kidney,												
mature dry seeds												
Navy, pea bean, white marrow												
Raw	1537	97.2	7.3	279.7	740	1984	31.3	0	3060	1040	9.9	8
Canned, baked with												
Pork and molasses	566	26.3	13.6	87.2	254	513	9.5	150	220	160	2.1	11
Pork and tomato sauce	513	26.3	9.5	83.5	186	513	8.2	380	220	160	2.1	11
Pinto and red Mexican, raw	1584	104.4	5.4	289.2	740	1984	31.3	0	2950	1070	9.2	8
Red kidney, raw	1526	104.9	7.7	269.7	740	1984	31.3	(0)	2580	980	11.5	8
Canned, cooked, solids and liquid	408	25.9	1.8	74.5	182	563	8.6	(0)	220	210	3.6	0
Beans, lima, green, raw												
In shell	234	13.6	1.5	42.8	115	288	4.2	520	380	210	2.5	58
Shelled	582	34.0	3.6	106.7	286	717	10.4	1280	940	520	6.2	143
Canned, solids and liquid	321	17.3	1.4	61.3	123	331	7.7	590	160	200	2.5	36
Frozen	495	29.1	3.2	90.3	241	608	8.6	1000	440	330	3.6	77
Beans, lima, mature dry seeds	1514	94.0	5.9	279.7	309	1730	34.0	0	2180	800	8.9	8
Beans, snap, green, raw	143	9.8	.8	31.5	266	180	4.5	2560	330	450	2.1	79
Canned, solids and liquid	83	4.5	.5	19.1	123	86	6.4	1880	150	190	1.3	18
Strained infant food, 4¾ oz.	30	2.4	.1	6.2	45	35	.8	662	41	95	.4	7
Frozen	159	10.9	.9	35.0	295	200	5.0	2040	320	450	2.7	50
Beans, wax or yellow, raw	143	9.8	.8	31.5	266	180	4.5	600	330	450	2.1	79
Canned, solids and liquid	83	4.5	.5	19.1	123	86	6.4	440	150	190	1.3	18
Beans, soya - See Soybeans												
Bean soup, navy, dehydrated	1485	79.9	5.4	285.6	608	1930	41.8	0	1900	870	9.9	5
Bean sprouts, Mung, raw	106	13.2	.9	18.6	132	268	3.6	60	320	420	2.3	68
Bean sprouts, soya, raw	208	28.1	6.4	24.1	218	304	4.5	790	1030	890	3.9	61
Beef carcass, raw												
Side including kidney fat												
Thin	764	69.2	52.0	0.	40	626	10.3	(0)	300	610	16.6	0
Medium fat	1042	66.7	84.0	0.	38	572	9.9	(0)	290	590	16.0	0
Fat	1243	62.9	108.0	0.	35	510	9.3	(0)	270	560	15.1	0
Very fat	1641	54.8	156.0	0.	32	376	8.4	(0)	240	490	13.2	0
Medium fat carcass, trimmed to retail	919	69.4	69.0	0.	42	613	10.3	(0)	300	620	16.6	0

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Beef cuts, raw												
Chuck, with bone	882	73.5	63.0	0.	43	660	11.1	(0)	320	660	17.6	0
Chuck, without bone	1019	84.4	73.0	0.	50	758	12.7	(0)	360	750	20.2	0
Flank, with bone	1100	88.6	80.0	0.	53	828	13.4	(0)	380	790	21.3	0
Flank, without bone	1125	90.3	82.0	0.	54	844	13.6	(0)	390	800	21.7	0
Hamburger	1457	73.0	127.0	0.	41	581	10.9	(0)	310	640	17.4	0
Porterhouse, with bone	1157	64.0	98.0	0.	39	523	9.8	(0)	280	570	15.4	0
Porterhouse, without bone	1346	74.5	114.0	0.	45	608	11.4	(0)	320	660	17.9	0
Rib roast, with bone	1016	62.5	83.0	0.	36	535	9.3	(0)	270	560	15.0	0
Rib roast, without bone	1275	79.0	104.0	0.	45	676	11.8	(0)	340	700	19.0	0
Round, with bone	747	79.8	45.0	0.	45	736	11.9	(0)	340	710	19.1	0
Round, without bone	829	88.5	50.0	0.	50	817	13.2	(0)	380	790	21.2	0
Rump, with bone	1080	54.4	94.0	0.	30	440	8.1	(0)	240	480	13.1	0
Rump, without bone	1459	73.5	127.0	0.	41	595	10.9	(0)	320	650	17.7	0
Sirloin, with bone	1043	71.0	82.0	0.	41	601	10.6	(0)	300	630	17.0	0
Sirloin, without bone	1158	79.0	91.0	0.	45	667	11.8	(0)	340	700	18.8	0
Beef, canned, corned beef hash	641	62.2	27.7	32.7	118	663	5.9	40	120	610	13.1	0
Canned, roast beef	1019	114.0	59.0	0.	73	527	10.9	(0)	90	1030	19.0	0
Strained infant food, 3½ oz.	105	17.4	3.4	0.	11	150	4.2	(0)	10	220	3.3	0
Beef, corned, raw, medium fat	1334	71.7	114.0	0.	41	568	10.9	(0)	150	670	7.9	0
Beef, corned, canned, lean	837	119.9	36.0	0.	95	499	20.4	(0)	70	1120	16.1	0
Corned, canned, medium fat	978	114.9	54.0	0.	91	481	19.5	(0)	70	1070	15.4	0
Corned, canned, fat	1195	106.7	82.0	0.	86	445	18.2	(0)	60	990	14.3	0
Beef, dried or chipped	923	155.7	28.6	0.	91	1834	23.2	(0)	(320)	(1450)	(17.3)	0
Beets, red, raw, with tops	101	3.9	.2	23.1	65	104	2.4	60	50	110	1.0	24
Beets, raw, without tops	142	5.4	.3	32.6	92	146	3.4	80	70	160	1.5	34
Beets, canned, solids and liquid	153	4.1	.5	35.9	68	132	2.7	80	40	110	.6	21
Strained infant food, 4¾ oz.	46	1.9	.1	10.4	24	35	1.1	14	14	41	.3	8
Beet greens, raw	93	6.8	1.0	19.0	401*	153	10.9	22700	290	610	1.5	115
Beverages, carbonated												
Gingerale, 1 quart bottle, 32 oz.	320	-	-	84.0	-	-	-	-	-	-	-	-
Others, Kola type, 6 oz. bottle	80	-	-	21.0	-	-	-	-	-	-	-	-
Biscuits, baked, flour enriched	1550	37.2	48.1	237.0	990	876	8.2	0	1040	1010	8.9	0
Biscuits, canned, unbaked, 8 oz.	651	15.6	20.2	99.6	417	370	3.4	0	550	445	4.2	0

*Calcium may not be available because of presence of oxalic acid.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Bisquick, prepared mix, 20 oz.	2296	45.4	70.9	368.5	1984	2977	17.6	(0)	2268	1417	17.0	0
Blackberries, raw	260	5.4	4.5	56.8	145	145	4.1	890	160	190	1.6	94
Canned, solids and liquid												
Sirup pack	391	3.2	.9	103.5	82	86	(3.2)	830	60	90	1.0	28
Water pack	194	4.1	3.2	42.7	82	86	(3.2)	830	60	90	1.0	28
Black-eyed peas or cow peas, raw												
Immature seeds	590	42.7	2.7	103.1	168	826	11.4	1640	1770	400	4.1	139
Mature seeds, dry	1553	104.0	6.4	279.7	350	2048	29.5	140	4180	720	10.1	8
Young, green pods	180	14.0	1.2	38.0	219	268	4.5	6880	650	430	4.7	139
Blueberries, raw	279	2.7	2.7	68.6	73	59	3.6	1290	(110)	(90)	(1.2)	74
Canned, solids and liquid												
Sirup pack	446	1.8	1.8	118.0	50	27	(2.3)	180	60	60	.9	60
Water pack	168	1.8	1.8	40.9	50	27	(2.3)	180	60	60	.9	60
Blueberries, frozen without sugar	279	2.7	2.7	68.6	73	59	3.6	1090	(80)	(80)	(1.2)	64
Bluefish, raw, whole	287	47.6	9.3	0.	53	564	1.4	-	270	220	4.5	-
Bologna	1005	67.2	72.2	16.3	(41)	(508)	10.0	(0)	800	850	12.2	0
Bouillon cubes, 1 can, 1½ oz.	20	2.5	1.1	0.	-	-	-	-	-	765	10.9	0
Brains, all kinds, raw	567	47.2	39.0	3.6	73	1500	16.3	0	1050	1180	20.2	82
Bran, breakfast cereal	1097	54.5	15.4	336.9	427	5956	46.8	(0)	1680	1760	87.2	(0)
Bran flakes, 40 percent bran	1328	49.0	8.6	357.8	277	2824	23.2	(0)	2100	1040	39.7	(0)
Bran, raisin	1350	40.9	8.2	356.8	272	2456	21.8	(0)	1750	850	31.8	(0)
Brazil nuts, in shell	1468	32.7	149.6	25.0	422	1573	7.7	trace	1960	-	-	-
Brazil nuts, shelled	2934	65.4	299.2	49.9	844	3146	15.4	trace	3910	-	-	-
Bread, Boston brown made with												
Enriched flour	995	21.8	9.5	208.8	840	717	13.2	630	600	780	8.8	0
Flour not enriched	995	21.8	9.5	208.8	840	717	11.4	630	380	560	6.2	0
Bread, cracked wheat made with												
Enriched flour	1176	38.6	10.0	233.4	377	572	9.1	0	1140	860	11.4	0
Flour not enriched	1176	38.6	10.0	233.4	377	572	4.5	0	500	430	6.4	0
Bread, French or Vienna with												
Enriched flour	1225	36.8	12.3	236.1	109	322	8.0	0	1100	700	10.0	0
Flour not enriched	1225	36.8	12.3	236.1	109	322	3.2	0	210	280	4.2	0
Bread, Italian, enriched	1195	39.5	3.6	243.8	59	350	8.0	0	1100	700	10.0	0
Bread, Italian, not enriched	1195	39.5	3.6	243.8	59	350	3.2	0	230	300	4.5	0

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Bread, raisin, flour enriched	1289	32.2	14.1	262.4	363	472	8.0	60	1100	700	10.0	0
Bread, raisin, flour not enriched	1289	32.2	14.1	262.4	363	472	5.9	60	320	480	3.9	0
Bread, rye, light (1/3 rye)	1110	41.3	5.4	237.9	327	667	7.3	0	810	350	6.9	0
Bread, rye, dark, pumpernickel	(971)	30.4	5.4	225.6			(7.0)	(0)	950	(500)		0
Bread, white, flour enriched												
2 percent skim milk solids	1254	37.2	15.0	237.4	295	368	8.0	0	1100	700	10.0	0
4 percent skim milk solids	1247	38.6	14.5	235.2	359	418	8.0	0	1100	700	10.0	0
6 percent skim milk solids	1254	39.0	14.1	237.4	418	459	8.0	0	1100	700	10.0	0
Bread, white, flour not enriched												
2 percent skim milk solids	1254	37.2	15.0	237.4	295	368	2.7	0	230	390	4.1	0
4 percent skim milk solids	1247	38.6	14.5	235.2	359	418	2.7	0	240	480	4.1	0
6 percent skim milk solids	1254	39.0	14.1	237.4	418	459	2.7	0	250	560	4.0	0
Bread, whole wheat	1091	42.2	11.8	222.5	436	1194	10.0	0	1340	590	13.4	0
Bread crumbs, dry, grated	1746	54.0	20.4	329.2	504	586	11.8	0	1230	1000	14.0	0
Broccoli, raw	82	9.1	.6	15.2	360	211	3.6	9690	270	580	3.1	327
Broccoli, frozen	105	11.4	.9	19.5	454	268	4.5	10580	320	540	4.1	340
Brussels sprouts, raw, 1 quart	164	15.4	1.8	31.2	119	273	4.6	1390	270	580	2.4	328
Brussels sprouts, frozen	212	20.0	2.3	40.4	154	354	5.9	1540	230	640	2.7	286
Buckwheat - See Flour, Pan-cake Mix												
Butter	3251	2.7	367.7	1.8	91	73	.0	15000*	10	50	.5	0
Butter fish, whole	391	41.8	23.6	0.	46	482	2.3	(0)	155	145	9.1	(0)
Buttermilk, cultured, 1 quart	348	34.2	1.0	49.8	(1152)	908	.7	40	350	1740	1.1	13
Cabbage, raw	80	4.6	.7	17.5	152	103	1.7	270	200	170	1.0	165
Cabbage, dehydrated, unsulphited	1407	65.4	8.6	329.2	1789	1308	22.2	2470	2410	1710	13.3	989
Cabbage, celery or Chinese	46	3.9	1.0	7.8	141	134	2.9	860	100	120	1.5	101
Cake, angel food	1225	38.1	1.4	266.5	27	109	1.4	0	40	610	.8	(0)
Cake, foundation[x]	1591	26.8	53.1	253.8	572	545	2.3	700-2450	140	360	1.1	(0)
Cake, foundation, plain icing[x]	1551	22.7	42.2	274.2	459	436	1.8	560-1950	110	320	.9	(0)
Cake, foundation, fudge icing[x]	1584	20.0	52.2	265.6	445	459	1.8	530-1950	110	360	1.0	(0)
Cake, fruit, dark[x]	1610	23.6	62.7	253.8	440	572	12.7	710-1860	640	650	5.0	(0)
Cake, pound[x]	1972	32.2	106.7	223.8	236	472	7.3	1480-4490	550	700	4.2	(0)
Cake, rich[x]	1782	22.7	80.4	246.1	477	513	2.7	950-3770	140	380	.9	(0)
Cake, rich, iced[x]	1716	20.0	66.7	264.2	400	427	2.3	790-3130	110	340	.8	(0)
Cake, sponge	1322	35.9	22.7	247.0	127	499	6.4	2380	250	690	.7	(0)

*Year-round average. [x]Vitamin A values in these cakes will vary with shortening used. If made with vegetable shortening, use the low figures; with fortified margarine or butter, use the higher figures.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbohydrate Gm.	Calcium mg.	Phosphorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Candied or glacé peel, citron	1424	.9	1.4	364.1	377	109	3.6	-	-	-	-	-
Ginger root, crystallized	1542	1.4	.9	395.4	-	-	-	-	-	-	-	-
Lemon, orange, grapefruit peel	1434	1.8	1.4	365.9	-	-	-	-	-	-	-	-
Candy, butterscotch	1861	0.	40.4	388.6	91	32	8.2	(0)	(0)	trace	trace	(0)
Candy, caramels	1883	13.2	52.7	351.8	572	409	10.4	770	90	640	0.5	trace
Candy, chocolate creams[x]	1791	18.2	63.6	327.0	-	-	-	-	-	-	-	(0)
Candy, fondant	1598	0.	0.	413.0	-	-	-	-	-	-	-	-
Candy, fudge, plain	1864	7.7	51.3	369.1	218	304	2.3	1000	50	320	0.5	trace
Candy, hard	1738	0.	0.	449.0	-	-	-	-	-	-	-	-
Candy, peanut brittle	2004	37.7	70.4	330.5	173	563	9.1	140	410	230	22.2	(0)
Cantaloup, raw	43	1.3	.4	9.8	36	34	.9	7290	100	80	1.1	69
Carrots, raw, with tops	119	3.4	.9	26.6	112	106	2.3	34320	160	160	1.7	17
Carrots, raw, without tops	166	4.8	1.2	37.2	156	148	3.2	48000	220	220	2.4	24
Carrots, canned, solids and liquid	128	2.3	1.8	27.7	100	109	2.7	54480	100	100	1.5	10
Strained infant food, 4¾ oz.	35	1.5	.1	7.9	34	31	.8	12069	27	41	.7	6
Carrots, dehydrated	1578	18.6	6.4	383.6	1117	472	10.4	521300	1390	1360	13.7	55
Cashew nuts, roasted	2622	84.0	218.8	122.6	209	1943	22.7	-	2860	860	9.5	-
Catsup, tomato	446	9.1	1.8	111.2	54	82	3.6	(8540)	410	320	10.2	51
Cauliflower, raw, 1 head 4½" x 5½"												
Refuse, main and leaf stalks	51	4.9	.4	10.0	45	147	2.2	190	220	210	1.2	141
Refuse, main stalk only	65	6.2	.5	12.7	57	186	2.8	250	280	270	1.6	178
Cauliflower, frozen	113	10.9	.9	22.2	100	327	5.0	360	410	360	2.3	232
Celery, raw, bleached, stalks only	52	3.7	.6	10.6	143	114	1.4	0	150	110	1.2	20
Cerevim, cereal, 8 oz. box	819	43.1	3.4	149.8	2285	1158	57.7	(0)	4790	9239	48.0	0
Chard, raw, leaves and stalks	82	5.5	.8	17.2	410*	140	9.8	10920	220	280	1.7	148
Chard, raw, leaves only	122	11.8	1.8	21.8	477*	163	11.4	39580	260	810	2.0	173
Cheese, Blue Mold, domestic	1669	97.6	138.5	9.1	1430	1539	(2.3)	(5630)	120	2770	2.0	(0)
Cheese, Camembert	1356	79.4	112.1	8.2	477	835	2.3	(4630)	180	3420	4.8	(0)
Cheese, Cheddar	1806	113.5	146.2	9.5	3292	2247	4.5	6360	110	1910	.1	(0)
Cheese, Cheddar processed	1678	105.3	135.7	9.1	3055	3573	4.1	(5900)	70	1850	(.1)	(0)
Cheese, cottage	433	88.5	2.3	9.1	436	858	1.4	(90)	90	1390	(.5)	(0)
Cheese, cream	1686	40.9	168.0	9.1	309	440	.9	(6580)	(50)	1010	.3	(0)
Cheese, limburger	1567	96.2	127.1	10.0	2679	1784	2.7	5810	360	2270	.7	(0)
Cheese, Parmesan	1786	163.4	118.0	13.2	5266	3736	1.8	(4810)	90	3310	1.0	(0)

[x]Mineral and vitamin values will vary with type of center in the creams.
*Calcium may not be available due to the presence of oxalic acid.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Cheese, Swiss	1680	124.8	127.1	7.7	4200	2556	4.1	6580	30	(1820)	0.2	(0)
Cheese, Swiss, processed	1614	119.9	122.1	7.3	4027	3936	4.1	6310	30	1820	.2	(0)
Cherries, sour, sweet, raw	261	4.7	2.1	63.2	77	85	1.7	2830	210	260	1.8	36
Cherries, red, sour, pitted, canned	218	3.6	1.4	54.0	50	54	(1.4)	3280	130	80	.8	25
Cherries, sweet, canned, in sirup	338	2.6	.4	90.7	(48)	(61)	(1.3)	(1870)	130	90	.8	14
Chicken, broiler, raw, live	336	44.8	16.0	0.	31	444	3.3	(0)	180	360	22.6	(0)
Chicken, broiler, dressed	378	50.5	18.0	0.	35	500	3.8	(0)	210	400	25.4	(0)
Chicken, broiler, ready-to-cook	514	68.7	24.5	0.	48	680	5.1	(0)	280	550	34.5	(0)
Chicken, roaster, raw, live	490	49.5	30.9	0.	34	490	3.7	(0)	200	400	19.7	(0)
Chicken, roaster, dressed	554	56.0	34.9	0.	39	554	4.2	(0)	230	450	22.3	(0)
Chicken, roaster, ready-to-cook	700	70.7	44.1	0.	49	700	5.2	(0)	290	570	28.2	(0)
Chicken, stewing, hens, live	796	47.3	65.8	0.	37	526	3.9	(0)	220	430	21.2	(0)
Chicken, stewing, dressed	880	52.4	72.8	0.	41	582	4.4	(0)	240	470	23.4	(0)
Chicken, stewing, ready-to-cook	1098	65.3	90.8	0.	51	726	5.4	(0)	300	590	29.2	(0)
Chicken, fryer, breast only	359	80.4	1.7	0.	48	731	3.8	(0)	230	300	36.1	(0)
Chicken, fryer, legs, only	391	71.8	9.4	0.	52	658	6.3	(0)	350	830	19.7	(0)
Chicken, canned, boned, meat	905	135.3	36.3	0.	64	672	8.2	(0)	170	740	28.8	(0)
Chicken fat, rendered	4095	0.	454.0	0.	0	0	0	0	0	0	0	0
Chicken soup - See Soups												
Chick peas, dry, whole seed, raw	1631	94.4	21.3	276.5	418	1702	32.2	trace	2500	790	6.9	(8)
Chili con carne, canned, no beans	907	46.8	67.2	26.3	173	690	6.4	690	80	540	10.2	-
Chocolate, bitter or unsweetened	2275	(25.0)	240.2	132.6	445*	2025	20.0	270	210	1090	4.5	(0)
Chocolate, sweetened, plain	2141	(9.1)	135.3	284.7	286*	1303	12.7	(150)	(140)	(700)	(2.9)	(0)
Chocolate sirup	951	(5.4)	5.0	257.0	(68)*	(390)	(6.4)	-	-	-	-	-
Cider, sweet	227	.5	(0)	62.7	27	45	2.3	160	90	140	trace	5
Citron, candied	1424	.9	1.4	364.1	377	109	3.6	-	-	-	-	-
Clams, raw, long, in shells	129	20.4	2.2	5.4	(153)	(221)	(11.1)	170	160	290	(2.5)	-
Clams, raw, round, in shells	63	9.9	1.1	2.6	(74)	(107)	(5.4)	80	80	140	(1.2)	-
Clams, raw, meat only	369	58.1	6.4	15.4	(436)	(631)	(31.8)	500	440	820	(7.3)	-
Clams, canned, solids and liquid	233	35.9	4.5	9.5	395	568	28.6	(360)	(230)	430	4.9	-
Cocoa dry powder, plain	1331	36.3	108.1	222.0	568*	3232	52.7	(120)	550	1740	10.4	(0)
Coconut, fresh, in shell	865	8.2	83.6	33.7	51	236	4.8	0	230	20	.6	5
Coconut, fresh, grated	1630	15.4	157.5	63.5	95	445	9.1	0	454	45	.9	9
Coconut, dried, sweetened	2525	16.3	177.5	241.5	195	867	16.3	0	trace	trace	trace	(0)

*Calcium may not be available because of presence of oxalic acid.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Cod, dried	1700	371.4	12.7	0.	(227)	4045	16.3	0	380	2040	49.7	(0)
Cod, steaks, raw	306	68.1	1.7	0.	41	800	1.7	0	240	370	9.0	8
Coffee, roasted, whole bean									4086	318	39.5	0
Coffee, soluble									5176	1589	254.2	0
Collards, raw	82	8.0	1.2	14.7	508	118	3.3	14020	220	560	(4.1)	203
Cookies, assorted and plain	1978	27.2	57.7	340.5	100	295	2.7	(0)	160	160	2.3	(0)
Corn, sweet, white or yellow												
Raw, with husks	160	6.4	2.1	35.5	16	208	.9	680*	260	200	2.9	20
Raw, without husks	297	11.9	3.9	66.0	29	386	1.6	1260*	480	370	5.4	30
Corn, canned, solids and liquid	302	9.1	2.3	73.1	18	232	2.3	920*	120	230	4.2	24
Corn, frozen, corn on cob	248	10.3	2.9	55.7	26	325	1.3	350*	390	320	4.4	26
Corn, frozen, kernels only	350	14.5	4.1	78.5	36	459	1.8	500*	540	450	6.3	36
Corn, flakes, enriched	1748	36.8	1.8	385.9	50	263	10.0	(0)	1880	450	10.1	0
Corn flour	1672	35.4	11.8	348.7	27	(808)	8.2	1540*	930	250	6.4	0
Corn grits, degermed, enriched	1642	39.5	3.6	354.6	18	331	13.0	1360*	2000	1200	16.0	0
Corn grits, degermed, not enriched	1642	39.5	3.6	354.6	18	331	4.5	1360*	590	180	5.2	0
Corn meal, white or yellow, dry												
Whole ground, bolted	1642	40.9	15.4	338.2	27	(808)	8.2	2020*	1360	350	8.6	(0)
Whole ground, not bolted	1611	41.8	17.7	334.6	45	1162	10.9	2320*	1740	500	9.1	(0)
Degermed, enriched	1650	35.9	5.4	355.9	27	449	13.0	1360*	2000	1200	16.0	(0)
Degermed, not enriched	1650	35.9	5.4	355.9	27	449	5.0	1360*	610	210	4.7	(0)
Self-rising, enriched	1544	39.5	16.8	321.4	1189	2878	13.0	2200*	2000	1200	16.0	(0)
Self-rising, not enriched	1544	39.5	16.8	321.4	1189	2878	10.4	2200*	1630	470	8.6	(0)
Corn oil	4013	0.	454.0	0.	0	0	0	0	0	0	0	0
Corn sirup	1300	(0.)	(0.)	336.0	209	73	18.6	0	0	50	.5	0
Cornstarch	1644	2.3	.9	395.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)
Cottonseed oil	4013	0.	454.0	0.	0	0	0	0	0	0	0	0
Cowpeas, raw, immature seeds	590	42.7	2.7	103.1	168	826	11.4	1640	1770	400	4.1	139
Cowpeas, raw, mature, dry	1553	104.0	6.4	279.7	350	2048	29.5	140	4180	720	10.1	8
Cowpeas, young, green pods	180	14.0	1.2	38.0	219	268	4.5	6880	650	430	4.7	139
Crabs, Atlantic, Pacific, hard-shell												
Raw, whole in shell	187	35.1	3.5	1.3	(85)	(348)	(1.7)	-	310	140	5.9	-
Raw, meat only	389	73.1	7.3	2.7	(177)	(726)	(3.6)	-	640	290	12.3	-
Canned, or cooked, meat only	471	76.7	13.2	5.9	204	826	4.1	-	(230)	(260)	(11.3)	-

*Vitamin A values are based on yellow varieties of corn, yellow corn flour, yellow corn grits, and yellow corn meal. White corn and its products contain only a trace of vitamin A.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Crackers, graham	1785	36.3	45.4	337.3	91	922	8.6	(0)	1360	540	6.8	(0)
Crackers, saltines	1955	41.8	53.6	322.8	86	418	4.5	(0)	280	200	4.7	(0)
Crackers, soda	1909	43.6	43.6	330.1	91	436	5.0	(0)	290	210	4.9	(0)
Crackers, whole wheat, average	1785	36.3	45.4	337.3	91	922	8.6	(0)	1360	540	6.8	(0)
Cracker meal	1909	43.6	43.6	330.1	91	436	5.0	(0)	290	210	4.9	(0)
Cranberries, raw	218	1.8	3.2	51.3	64	50	2.7	200	(140)	(90)	.6	54
Cranberries, dried	1672	12.7	30.0	382.7	372	100	15.4	(1370)	860	790	4.1	155
Cranberry sauce, canned or cooked	900	.5	1.4	233.4	(36)	(32)	(1.4)	(140)	(90)	(90)	(.5)	8
Cream, light or coffee, 1/2 pint	489	7.0	48.0	9.6	233	185	.1	1980	70	340	.2	3
Cream, heavy or whipping, 1/2 pint	779	5.4	82.6	7.6	184	144	.1	3390	60	260	.1	1
Cream of wheat, 5 Minute	1630	54.0	5.6	331.4	2288	2556	192.5	(0)	2406	545	6.0	0
Cress, garden, raw	117	12.0	4.0	15.2	603	(109)	(8.3)	8490	310	470	2.9	250
Cress, water, raw	84	7.7	1.4	15.0	885	209	9.1	21450	370	710	3.6	350
Crisco	4013	0.	454.0	0	0	0	0	0	0	0	0	0
Croaker, whole, raw	148	27.4	3.4	0.	(30)	(315)	(1.5)	(0)	240	90	2.8	-
Cucumbers, raw	39	2.2	.3	8.6	32	67	1.0	0	110	140	.7	27
Currants, red, raw	241	5.3	.9	59.8	158	145	4.0	530	160	-	-	160
Dandelion greens, fresh	200	12.3	3.2	40.0	849	318	14.1	61970	850	650	(3.8)	163
Dates, dried, pitted	1288	10.0	2.7	342.3	327	272	9.5	250	400	440	9.9	(0)
Dates, dried, with pits	1121	8.7	2.4	297.8	284	237	8.3	220	350	380	8.6	(0)
Duck, dressed	928	46.3	83.1	0.	27	499	6.8	(0)	(363)	(1180)	(22.9)	(0)
Eels, raw, total edible	557	64.2	31.4	0.	62	697	2.4	6210	960	1290	4.8	-
Eggplant, raw	95	4.3	.8	21.7	59	146	1.6	100	180	200	2.5	19
Eggs, hens, fresh, stored or frozen	655	51.7	46.5	2.8	218	848	10.9	4590	390	1170	.3	0
Eggs, average, fresh, 1 dozen	924	73.2	66.0	3.6	312	1212	15.6	6600	600	1680	trace	0
Eggs, dried, whole	2689	212.5	190.7	11.4	863	3482	40.0	16970	1520	4790	1.1	0
Endive or chickory	47	3.8	.5	9.4	186	132	4.0	7070	160	270	.9	26
Escarole	47	3.8	.5	9.4	186	132	4.0	7070	160	270	.9	26
Farina, enriched	1678	49.5	3.6	351.4	127	508	6.0	(0)	1660	1200	6.0	(0)
Farina, not enriched	1678	49.5	3.6	351.4	127	508	4.5	(0)	250	280	3.8	0
Fats, cooking (vegetable)	4013	0.	454.0	0.	0	0	0	0	0	0	0	0
Figs, raw	357	6.4	1.8	89.0	245	145	2.7	360	250	230	2.5	7
Figs, canned, sirup pack	514	3.6	1.4	136.2	159	95	1.8	240	130	150	1.6	2
Figs, dried	1224	18.2	5.4	310.5	844	504	13.6	370	710	530	7.8	(0)

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Fig bars	1587	19.1	21.8	344.1	313	313	5.9	0	110	270	4.1	(0)
Fish miscellaneous, medium fat												
Drawn	214	41.4	5.4	0.	46	475	2.2		150	140	9.0	(4)
Dressed	300	57.8	7.6	0.	64	663	3.0		200	200	12.6	(6)
Sections or steaks	375	72.4	9.5	0.	80	831	3.8		250	250	15.8	(8)
Whole	201	38.8	5.1	0.	43	445	2.0		140	130	8.5	(4)
Flounder or Sole, whole, raw	121	26.4	.9	0.	108	345	1.4	-	100	90	3.0	-
Flour, barley	1557	47.6	10.0	330.2	260	-	19.5	(0)	-	-	-	(0)
Flour, buckwheat, light	1581	29.1	5.4	360.9	50	400	4.5	(0)	350	190	1.8	(0)
Flour, buckwheat, dark	1575	53.1	11.4	326.9	150	1575	12.7	(0)	2610	690	13.2	(0)
Flour, corn	1672	35.4	11.8	348.7	27	(808)	8.2	1540	930	250	6.4	(0)
Flour, peanut	1676	267.8	44.0	93.1	295	2565	45.4	(0)	2724	1362	90.8	
Flour, Proflo, cottonseed	1546	261.1	29.3	97.1	908		54.5	(0)	4722	4631	38.1	
Flour, rye, light	1617	42.7	4.5	353.7	100	840	5.0	(0)	670	310	2.9	(0)
Flour, rye, medium	1478	51.8	7.7	339.6	(123)	1189	11.8	(0)	1350	540	11.2	(0)
Flour, rye, dark	1446	74.0	11.8	309.2	245	2433	20.4	(0)	2760	990	12.2	(0)
Flour, self rising, enriched	1588	41.8	4.5	335.1	1235	2197	13.0	(0)	2000	1200	16.0	(0)
Flour, soy, low fat	1034	202.9	5.0	171.2	1203	2828	59.0	300	4990	1580	13.0	(0)
Flour, soy, medium fat	1200	193.0	29.5	168.9	1108	2769	59.0	500	3700	1530	11.8	(0)
Flour, soy, full fat	1576	163.0	93.5	135.7	885	2511	54.9	640	3510	1280	9.9	(0)
Flour, wheat, bread												
Enriched	1656	53.6	5.0	339.1	73	431	13.0	(0)	2000	1200	16.0	(0)
Not enriched	1656	53.6	5.0	339.1	73	431	4.1	(0)	350	250	4.4	(0)
Flour, wheat, cake or pastry	1653	34.0	3.6	360.5	77	331	2.3	(0)	140	140	3.0	(0)
Flour, wheat, patent												
Enriched	1654	47.7	4.5	345.5	73	395	13.0	(0)	2000	1200	16.0	(0)
Not enriched	1654	47.7	4.5	345.5	73	395	3.6	(0)	280	210	4.1	(0)
Flour, wheat, whole (hard wheat)	1511	60.4	9.1	322.3	186	1689	15.0	(0)	2490	540	19.7	(0)
80 percent extraction	1656	54.5	5.9	336.4	109	867	5.9	(0)	1160	330	9.3	(0)
Frankfurters	1166	64.5	93.1	12.3	36	454	6.8	(0)	790	880	12.5	0
Frog legs, raw	215	48.4	.9	0.	53	434	3.2	0	410	740	3.5	-
Fruit cocktail, canned	317	1.8	.9	84.4	41	54	1.8	730	50	50	1.6	9
Gelatine, dry, plain	1520	388.6	.5	0.	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)
Gelatine, dry, dessert powder	1725	42.7	.0	402.7	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Gooseberries, raw	178	3.6	.9	44.0	100	127	2.3	1330	-	-	-	149
Grapefruit, raw	119	1.5	.6	30.3	66	54	.6	20	110	60	.6	121
Grapefruit, canned in sirup	329	2.7	.9	86.7	59	64	1.4	40	130	80	1.0	134
Grapefruit juice, canned												
Sweetened	235	2.3	.4	62.2	36	59	1.4	40	140	80	.8	158
Unsweetened	172	2.3	.5	44.5	36	59	1.4	40	140	80	.8	158
Grapefruit juice concentrate, frozen	667	8.6	1.8	173.0	141	232	5.4	140	530	300	3.2	612
Grapefruit-orange juice blend												
Canned, sweetened	239	2.3	.5	63.1	41	68	1.4	200	210	80	.9	171
Canned, unsweetened	183	2.7	.5	47.2	41	68	1.4	200	210	80	.9	171
Frozen concentrate	668	10.0	1.8	172.1	150	250	5.0	730	760	280	3.3	622
Grapes, raw, American types												
Concord, Delaware, Niagara	248	5.0	5.0	52.7	60	74	2.1	270	210	130	.8	14
Grapes, raw, European types												
Malaga, Muscat, Tokay	292	3.5	1.8	73.5	75	92	2.6	330	260	170	1.0	17
Grape juice, bottled, commercial	303	1.8	0.	82.6	45	45	1.4	-	170	210	1.0	trace
Grape juice powder, synthetic	1135	.5	2.3	14.1	599	295	.5		-	(-)	(-)	2724
Grape-nuts, Cereal 10½ oz.	1087	32.8	1.9	241.4	140	977	17.0	(0)	2533	447	14.9	(0)
Guavas, common, raw	276	4.0	2.4	67.5	118	115	2.8	990	260	170	4.5	1194
Guava, jelly	1142	(0.)	(0.)	295.1								241
Haddock, raw, whole	171	39.7	.2	0.	50	429	1.5	-	100	180	5.3	-
Halibut, raw, steak	464	68.4	19.1	0.	48	776	2.6	1620	240	220	34.0	-
Ham, fresh, with bone	1345	59.3	121.0	0.	35	655	9.0	(0)	2880	690	15.4	0
Ham, fresh, without bone	1566	69.0	141.0	0.	41	763	10.4	(0)	3360	810	17.9	0
Ham, smoked, medium fat, raw												
With bone	1535	66.8	138.0	(1.2)	40	537	9.9	(0)	2760	740	15.6	0
Without bone	1767	76.7	159.0	(1.4)	45	617	11.4	(0)	3170	850	17.9	0
Ham, boiled	1372	103.5	103.1	0.	41	418	12.3	(0)	4560	1200	23.3	0
Hamburger	1457	73.0	127.0	0.	41	581	10.9	(0)	310	640	17.4	0
Hash, corned beef, canned	641	62.2	27.7	32.7	118	663	5.9	40	120	610	13.1	0
Head cheese	(1102)	68.0	(90.0)	0.	(45)	(726)	(3.0)	(0)	(300)	(500)	(4.0)	0
Heart, raw, beef, lean	491	76.7	16.8	3.2	41	922	20.9	140	2650	4020	35.3	27
Heart, calf, strained, 3½ oz.	81	13.4	2.5	.2	12	150	3.6	-	60	820	4.5	(0)
Heart, chicken, raw	713	93.1	31.8	7.3	104	645	7.7	140	560	4120	23.6	27
Heart, pork, raw	531	76.7	21.8	1.8	159	599	12.3	140	1940	5630	27.5	27

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Herring, Atlantic, raw, whole	443	42.5	29.0	0.	-	594	2.6	270	50	350	8.0	-
Herring, Atlantic, flesh, only	867	83.1	56.8	0.	-	1162	5.0	520	100	680	15.7	-
Herring, lake, raw, whole	357	47.0	17.3	0.	30	386	1.3	(250)	220	230	8.0	-
Herring, lake, flesh only	637	84.0	30.9	0.	54	690	2.3	(450)	390	410	14.2	-
Herring, Pacific, raw, flesh only	428	75.4	11.8	0.	-	-	-	450	100	990	(10.0)	-
Herring, smoked, kippered	959	100.8	58.6	0.	300	1153	(6.4)	0	trace	1260	(13.2)	-
Hominy, dry, enriched	1642	39.5	3.6	354.6	18	331	13.0	1360*	2000	1200	16.0	(0)
Hominy, dry, not enriched	1642	39.5	3.6	354.6	18	331	4.5	1360*	590	180	5.2	(0)
Honey, strained	1333	1.4	0.	360.9	23	73	4.1	(0)	20	170	1.0	16
Honey dew melon, raw	92	1.4	0.	24.3	(49)	(46)	(1.1)	120	130	80	.6	65
Huckleberries, raw	279	2.7	2.7	68.6	73	59	3.6	1290	(110)	(90)	(1.2)	74
Ice cream, plain vanilla	938	18.2	56.8	93.5	558	449	.5	2360	190	850	.5	5
Ice cream, plain vanilla, 1 quart[X]	1174	21.9	68.7	121.5	695	599	.7	3124	217	1345	.6	(0)
Jams, preserves, commercial	1263	2.3	1.4	321.4	54	54	1.4	50	70	110	.7	26
Jellies, commercial	1145	.9	.0	295.1	(54)	(54)	(1.4)	(50)	(70)	(110)	(.7)	17
Kale, raw, untrimmed	117	11.3	1.7	21.0	655	180	6.4	21950	300	760	5.8	335
Kale, trimmed, no refuse	182	17.7	2.7	32.7	1022	281	10.0	34230	460	1190	9.1	522
Kale, frozen	182	17.7	2.7	32.7	1022	281	10.0	31780	360	1000	7.7	213
Karo or corn sirup	(1300)	(0.)	(0.)	(336.0)	209	73	18.6	0	0	50	.5	(0)
Kidney, raw, beef	639	68.1	36.8	4.1	41	1002	35.9	5220	1700	11560	29.2	59
Kidney, raw, pork	518	74.0	20.9	3.6	50	1117	36.3	590	2650	7880	44.6	59
Kidney, raw, sheep	475	75.4	15.0	4.5	59	1076	41.8	(5220)	2320	11000	33.6	59
Kohlrabi, raw	73	5.1	.2	16.4	113	122	1.5	trace	140	1200	.6	149
Kumquats, raw	277	3.6	.5	72.1			2.1					80
Lamb carcass or side, raw												
Thin	646	53.5	46.3	0.	31	598	8.1	(0)	480	660	15.5	0
Medium fat	1122	55.6	98.1	0.	32	556	8.5	(0)	500	690	16.1	0
Fat	1526	47.8	146.5	0.	29	342	7.4	(0)	430	590	13.8	0
Lamb, retail cuts, medium fat												
Chop, rib	1228	51.4	111.8	0.	31	476	7.6	(0)	460	640	14.9	0
Leg, roast	885	67.9	66.0	0.	38	803	10.2	(0)	600	840	19.6	0
Shoulder, roast	1070	56.6	91.8	0.	33	563	8.3	(0)	500	700	16.4	0
Lamb, strained infant food, 3½ oz.	107	15.6	4.5	0.	16	170	2.3	(0)	30	260	4.0	0
Lard	4095	0.	454.0	0.	0	0	0	0	0	0	0	0

*Based on yellow corn grits. [X]Data received from National Dairy Council, May, 1950. (1 quart weighs 570 grams).

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbohydrate Gm.	Calcium mg.	Phosphorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Leeks, bulbs and some leaf	184	11.4	1.8	35.9	263	254	3.2	4540	681	-	-	68
Lemons, whole, raw	88	2.5	1.7	24.4	112	62	1.7	0	130	10	.4	139
Lemon juice, canned												
Concentrate	528	9.1	4.5	170.2	309	245	2.3	(0)	1000	110	3.1	1044
Unsweetened	108	1.8	.9	35.0	64	50	.5	0	200	20	.6	191
Lentils, dry, whole	1531	113.5	4.5	270.1	268	1920	33.6	2580	2530	1110	10.2	25
Lentils, dry, split	1539	109.0	5.4	274.2	154	1326	33.6	2580	2530	1110	10.2	25
Lettuce, raw, headed	47	3.8	.6	9.1	69	78	1.6	1710	140	260	.6	24
Lettuce, raw, other leaf	47	3.8	.6	9.1	194	63	3.4	5060	140	260	.6	57
Limes, whole, raw	126	2.8	.3	42.4	(138)	(76)	(2.1)	0	(160)	(20)	(.5)	94
Liver, raw, beef	618	89.4	14.5	27.2	32	1625	30.0	199300	1180	15100	62.1	140
Liver, raw, calf	639	86.3	22.2	18.2	27	1557	48.1	102150	960	14180	73.1	162
Liver, raw, chicken	638	100.3	18.2	11.8	73	1090	33.6	146190	900	11190	53.6	91
Liver, raw, pork	608	89.4	21.8	7.7	45	1643	81.7	64470	1830	13540	76.0	103
Liver, raw, sheep or lamb	618	95.3	17.7	13.2	36	1653	57.2	229270	1810	14900	76.6	152
Liver, canned, strained, 3½ oz.	108	16.0	3.9	1.0	24	278	7.1	19200	40	2140	6.4	0
Liver, sausage or liverwurst	1193	75.8	93.5	6.8	41	1081	24.5	26090	760	5070	20.7	(0)
Liver, Sell's paté, canned	1552	58.4	133.0	31.7	259	1271	50.8	26377	2860	6129	22.2	(0)
Lobster, whole, raw	144	26.4	3.1	0.8	99	300	1.0	-	(210)	90	(3.1)	-
Lobster, canned	417	83.5	5.9	1.8	295	872	3.6	-	(140)	310	(10.0)	-
Loganberries, raw	283	4.5	2.7	68.1	159	86	5.4	(890)	(140)	(300)	(1.3)	108
Canned, juice pack	178	3.6	.5	44.9	120	64	4.2	(600)	(90)	(180)	(.8)	(60)
Canned, water pack	149	4.5	2.7	30.9	-	-	-	-	-	-	-	-
Loganberry juice	178	3.6	.5	44.9	36	23	1.8	-	-	-	-	118
Macaroni, dry, enriched	1712	58.1	6.4	347.3	100	749	13.0	(0)	4000	1700	27.0	(0)
Macaroni, dry, not enriched	1712	58.1	6.4	347.3	100	749	6.8	(0)	420	270	9.2	(0)
Macaroons	1950	28.6	76.7	296.9	-	-	-	-	-	-	-	0
Mackerel, raw, whole	457	45.8	29.0	0.	12	586	2.4	(1110)	380	850	20.7	-
Canned, Atlantic, solids and liquid	829	87.6	50.4	0.	840	1244	9.5	1970	260	960	26.3	-
Canned, Pacific, solids and liquid	819	95.8	45.4	0.	1180	1308	10.0	120	120	1500	39.7	-
Maltex, cereal, dry	(1732)	77.7	7.6	348.0	242	1226	16.6	(0)	2270	696	2.1	0
Mangos, raw, whole	198	2.1	.6	51.6	27	39	.6	19040	190	170	2.8	124
Maple sugar	1583	-	-	(409.0)	-	-	-	-	-	-	-	-
Maple sirup	1125	-	-	290.6	-	-	-	-	-	-	-	-

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Margarine, fortified	3269	2.7	367.7	1.8	91	73	.0	15000	(0)	(0)	(0)	(0)
Marmalade, commercial	1263	2.3	1.4	321.4	54	54	1.4	50	70	110	.7	26
Marshmallows	1477	13.6	0.	368.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)
Mayonnaise	3212	6.8	354.1	13.6	86	272	4.5	950	160	160	(0)	0
Meat - See Beef, Lamb, Pork												
Melons - See Cantaloup,												
Honeydew, Watermelon												
Milk, buttermilk, 1 quart	348	34.2	1.0	49.8	(1152)	908	.7	40	350	1740	1.1	13
Milk, chocolate, 1 quart	740	32.0	22.0	106.0	1090	910	.7	910	320	1590	1.0	10
Milk, condensed, sweetened	1445	36.8	38.1	248.8	1239	1035	.9	(1930)	240	1770	.9	5
Milk, evaporated, 14½ oz. can	567	28.8	32.5	40.7	999	801	.8	1644	206	1480	.8	4
Milk, fluid, fresh												
Fortified fat-free, 1 quart*	350	34.4	1.0	50.2	1210	954	.7	2000	350	1750	1.1	13
Skim, 1 quart	350	34.4	1.0	50.2	1210	954	.7	(40)	350	1750	1.1	13
Whole, 1 quart	666	34.2	38.1	47.8	1152	908	.7	1550	350	1680	1.1	13
Milk powder, dry, skim	1643	161.6	4.5	236.1	5902	4676	2.6	(190)	1600	8880	5.2	32
Milk powder, dry, whole	2233	117.1	121.2	172.5	4308	3305	2.6	6360	1380	6630	3.0	29
Milk powder, malted	1850	66.3	38.6	321.0	1303	1721	9.5	4640	1480	2430	-	(0)
Milk whey, dried	1562	56.8	5.4	328.7	3083	2615	-	220	2240	1130	3.9	-
Milk whey, fluid	120	4.1	1.4	23.2	232	241	.5	50	160	660	.3	-
Milk, goat, fresh, 1 quart	654	32.2	39.0	44.9	1259	1035	1.0	(1550)	390	1040	2.8	10
Mince meat	(976)	24.1	29.1	154.4	86	331	6.8	(681)	91	409		14
Mints, chocolate	1791	18.2	63.6	327.0	-	-	-	-	-	-	-	0
Mints, cream	1598	0.	0.	413.0	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)
Molasses, cane, light	1142	-	-	295.1	749	204	19.5	-	320	290	1.1	-
Molasses, cane, medium	1054	-	-	272.4	1317	313	27.2	-	-	-	-	-
Molasses, cane, blackstrap	966	-	-	249.7	2629	386	51.3	-	1270	1140	9.5	-
Molasses, Barbados	1230	-	-	317.8	-	227	-	-	260	910	-	-
Muffets, cereal, 12 oz. box	(1232)	34.0	9.2	259.4	146	1306	12.6	(0)	748	306	13.3	0
Muffins, enriched flour[x]	1269	36.3	38.1	191.1	935	867	7.3	470	840	960	6.9	(0)
Flour not enriched[x]	1269	36.3	38.1	191.1	935	867	2.7	470	210	590	1.8	(0)
Mushrooms, raw	66	9.9	1.2	16.5	37	475	4.1	0	410	1830	20.4	21
Mushrooms, canned	51	6.4	.9	16.8	(32)	(409)	(3.6)	0	70	1120	8.9	-
Mustard greens, raw	74	7.6	1.0	13.2	728	126	9.6	21370	310	680	2.8	338

*This type of milk has been available in many areas of Pennsylvania for several years. It contains 400 I.U. vitamin D per quart. [x]Calculated from a recipe. Muffin mix figures not available.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbohydrate Gm.	Calcium mg.	Phosphorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Noodles, egg, dry, enriched	1729	57.2	15.4	332.3	100	903	13.0	890	4000	1700	27.0	(0)
Noodles, egg, dry, not enriched	1729	57.2	15.4	332.3	100	903	9.5	890	910	500	10.4	(0)
Nuts, assorted, shelled	2846	76.4	268.5	81.9	420	2014	13.4	78	2708	616	19.3	(4)
Oatmeal or rolled oats, dry	1770	64.5	33.6	309.6	241	1839	20.4	(0)	2710	620	4.7	(0)
Oils, cooking or salad	4013	0.	454.0	0.	0	0	0	0	0	0	0	0
Okra, raw	130	7.2	.8	29.6	328	248	2.8	2950	310	300	4.2	121
Oleomargarine, fortified	3269	2.7	367.7	1.8	91	73	.0	15000	(0)	(0)	(0)	(0)
Olives, green, pickled	504	5.7	51.4	15.2	331	65	6.1	1140	trace	-	-	-
Olives, ripe, Mission	728	6.9	80.0	9.9	331	65	6.1	240	20	20	-	-
Olives, Ascalano, Manzanilla	488	4.6	51.4	11.8	331	65	6.1	240	20	20	-	-
Onions, mature, raw	193	6.0	.9	44.0	137	188	2.1	210	140	150	.9	38
Onions, young, green, raw	84	1.9	.4	19.7	251	45	1.7	(90)	(60)	(70)	(.4)	44
Onions, dehydrated, flaked	1574	49.0	5.0	364.1	763	1239	15.4	570	1130	800	6.2	163
Oranges, raw	147	2.9	.7	36.6	108	75	1.3	(620)	250	90	.8	162
Oranges, raw, 1 dozen, medium	840	16.8	3.6	208.8	612	432	7.2	(3480)	1440	480	4.8	924
Orange juice, fresh	199	3.6	.9	49.9	86	73	.9	(850)	350	120	1.1	224
Canned, sweetened	244	2.7	.9	63.1	45	82	1.4	(440)	320	80	1.0	191
Canned, unsweetened	201	3.6	.9	50.4	45	82	1.4	(440)	320	80	1.0	191
Orange juice, concentrated												
Canned, 1 can, 6 fluid oz.	390	7.2	1.2	98.4	102	150	3.0	(840)	600	120	1.8	378
Frozen, 1 can, 6 fluid oz.	300	5.5	1.4	74.9	69	121	2.0	(670)	480	110	1.5	285
Ovaltine, dry, chocolate	1704	43.6	16.8	354.1	1816	1816	82.2	14424	6410	5335	42.8	214
Ovaltine, dry, plain	1730	69.5	25.9	311.4	2724	2724	123.5	21638	9616	8013	64.1	321
Oysters, meat only, raw	380	44.5	9.5	25.4	427	649	25.4	1450	660	900	5.4	-
Pabena, cereal, 8 oz. box	797	32.0	4.6	158.4	1816	1680	68.0		2400	-	-	0
Pablum, cereal, 18 oz. box	1827	77.4	15.3	356.4	3978	3312	153.0		5400	1800	-	0
Pancake mix, dry, self rising												
Wheat, other flours, enriched	1584	43.1	6.4	331.9	2111	3092	15.0	0	1780	1400	13.0	(0)
not enriched	1584	43.1	6.4	331.9	2111	3092	9.1	0	660	330	6.4	(0)
Buckwheat	1450	47.7	8.6	319.2	2120	3755	14.1	0	1660	500	10.0	(0)
Papayas, raw	120	1.9	.3	30.9	62	49	.9	5410	110	120	.9	173
Parsnips, raw	277	5.3	1.8	64.4	202	283	2.5	0	270	420	.7	63
Peaches, raw	183	2.0	.4	48.0	32	88	2.4	3530	80	190	3.6	31
Peaches, canned, sirup pack	308	1.8	.5	82.6	23	64	1.8	2060	30	90	3.1	19

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbohydrate Gm.	Calcium mg.	Phosphorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Peaches, canned, water pack	123	2.3	.5	30.9	23	64	1.8	2060	30	90	3.1	19
Strained infant food, 5 oz.	85	1.1	.4	21.4	10	27	1.3	893	28	28	.8	4
Peaches, frozen	355	1.8	.5	91.7	27	68	1.8	2360	50	140	2.3	18
Peaches, dried, sulphured	1203	13.6	2.7	315.1	200	572	31.3	14760	40	890	24.5	86
Peanut butter	2615	118.5	217.0	95.3	336	1784	8.6	0	540	600	73.5	(0)
Peanuts, Virginia, roasted, in shell	1829	88.0	144.5	77.2	242	1285	6.2	0	960	430	53.0	(0)
Peanuts, Virginia, roasted, shelled	2540	122.1	200.7	107.1	336	1784	8.6	0	1340	600	73.5	(0)
Pears, fresh, raw	236	2.6	1.5	59.6	49	60	1.1	90	80	160	.5	15
Pears, canned, sirup pack	308	.9	.5	83.5	36	45	.9	20	40	80	.6	8
Pears, canned, water pack	143	1.4	.5	37.2	36	45	.9	20	40	80	.6	8
Strained infant food, 4¾ oz.	69	.9	.3	17.7	15	17	(.3)	54	13	27	.3	1
Peas, black eyed - See Cowpeas												
Peas, raw, in pod	201	13.7	.8	36.1	45	249	3.9	1390	690	330	5.5	54
Peas, raw, shelled	448	30.4	1.8	80.4	100	554	8.6	3100	1530	730	12.2	119
Peas, canned, solids and liquid	307	15.4	1.8	58.6	114	304	8.2	2470	510	280	4.7	39
Strained infant food, 4¾ oz.	66	5.5	.4	10.7	22	84	1.9	850	121	108	1.5	11
Peas, frozen	340	25.9	1.4	58.6	77	427	6.8	3040	1500	500	8.6	82
Peas, mature seeds, dry, whole	1541	108.1	6.4	273.3	259	1762	21.3	1680	3480	1280	14.2	9
Peas, mature seeds, dry, split	1564	111.2	4.5	280.1	150	1217	23.2	1680	3480	1280	14.2	9
Pea soup, dehydrated	1490	92.6	5.0	276.9	304	1653	24.5	1000	2570	880	13.9	5
Pecans, in shell	1644	22.2	172.3	30.7	175	765	5.7	120	1690	270	2.1	4
Pecans, shelled	3162	42.7	331.4	59.0	336	1471	10.9	230	3260	520	4.1	7
Peppers, green, raw	95	4.6	.8	21.7	42	95	1.5	2410	140	250	1.4	457
Persimmons, Japanese or Kaki, raw												
Kinds with seeds	270	2.8	1.4	69.0	21	90	1.0	9330	170	160	trace	38
Seedless kinds	344	3.5	1.8	88.0	26	114	1.3	11900	220	200	trace	48
Pickles, dill, cucumber	49	3.2	.9	9.5	114	91	5.4	1410	30	290	.2	29
Pickles, fresh, cucumber	316	4.1	.9	77.2	145	123	8.2	820	110	190	.1	41
Pickles, sour, cucumber or mixed	49	2.3	.9	10.0	114	91	5.4	1410	30	290	.2	29
Pickles, sweet, cucumber or mixed	488	3.6	1.8	120.0	73	82	5.9	510	(0)	80	.1	32
Pie crust, mix, dry, 9 oz.	1335	16.6	84.2	128.0	76	178	5.1	0	-	-	-	0
Pineapple, fresh, raw	126	1.0	.5	33.0	39	27	.7	310	200	60	.5	57
Pineapple, canned, sirup pack	355	1.8	.5	95.8	132	32	2.7	360	350	70	.8	41
Pineapple, frozen	388	1.8	.9	100.8	64	45	1.4	450	270	90	.9	86

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Pineapple juice, canned	221	1.4	.5	59.0	68	36	2.3	360	240	70	.8	41
Plantain or baking bananas, raw	418	3.8	1.4	109.2	24	105	2.4	30 to 4200	210	140	2.1	49
Plums, all varieties, raw	218	3.0	.9	55.6	73	86	2.2	1510	280	180	2.1	20
Plums, canned, sirup pack	343	1.8	.5	92.5								
Plums, canned, juice pack	320	1.8	.5	86.2								
Plums, canned, Italian prunes	329	1.7	.4	88.9	35	52	4.8	990	120	110	1.6	5
Popcorn, dry, before popping	1645	54.0	21.3	327.3	(45)	(1199)	(11.4)	(0)	(1770)	(500)	(9.5)	(0)
Popcorn, popped	1751	57.7	22.7	348.2	(50)	(1276)	(12.3)	(0)	(1770)	(540)	(10.0)	(0)
Porgy, fresh, raw	224	48.6	1.8	0.	51	531	2.6	(0)	(160)	(150)	(10.0)	(4)
Pork, fresh, Packer's carcass, side												
Thin	1397	52.5	130.0	0.	30	562	7.8	(0)	2550	610	13.7	0
Medium	1827	47.6	180.0	0.	28	468	7.2	(0)	2310	560	12.4	0
Fat	2201	40.1	225.0	0.	25	344	6.1	(0)	1950	470	10.4	0
Pork retail items, medium fat, raw												
Ham, fresh, with bone	1345	59.3	121.0	0.	35	655	9.0	(0)	2880	690	15.4	0
Ham, fresh, without bone	1566	69.0	141.0	0.	41	763	10.4	(0)	3360	810	17.9	0
Loin or chops	1088	60.4	92.0	0.	37	684	9.2	(0)	2930	710	15.7	0
Other lean cuts	1346	54.7	123.3	0.	30	592	8.3	(0)	2660	640	14.2	0
Pork, cured												
Ham, smoked, medium fat, raw												
With bone	1535	66.8	138.0	(1.2)	40	537	9.9	(0)	2760	740	15.6	0
Without bone	1767	76.7	159.0	(1.4)	45	617	11.4	(0)	3170	850	17.9	0
Luncheon meat - boiled ham	1372	103.5	103.1	0.	41	418	12.3	(0)	4560	1200	23.3	0
Canned, spiced	1310	67.6	110.3	6.8	41	731	10.0	(0)	1440	1000	12.5	0
Salt pork, fat, raw	3419	17.0	371.0	0.	trace	trace	2.6	(0)	780	190	3.8	0
Salt pork, medium, raw	3019	26.3	322.3	0.	14	283	4.0	(0)	1207	294	5.9	0
Sausage, bulk or link, raw	2044	49.0	203.4	0.	27	454	7.3	(0)	1950	760	10.4	0
Sausage, bulk, canned	1359	69.9	117.6	0.	41	754	10.4	(0)	910	1090	13.6	0
Pork, spareribs, medium fat	954	39.7	87.0	0.	22	427	6.0	(0)	2510	490	10.7	0
Pork tails	2376	29.1	249.7	0.	18	313	4.5	(0)	(1300)	(300)	(6.0)	0
Pork, canned, strained, $3\frac{1}{2}$ oz.	127	17.1	6.0	0.	14	180	1.7	(0)	350	280	4.7	0
Potatoes, white, raw	318	7.6	.4	72.8	42	213	2.7	70	400	150	4.4	64*
Canned, solids and liquid	262	7.7	.1	59.5	36	177	2.3	60	260	130	3.8	40
Potatoes, white, dehydrated	1619	32.2	3.2	373.2	114	400	18.2	180	1380	480	20.4	102

*Year-round average. Recently dug potatoes contain about 91 mg. of ascorbic acid per pound. The value is about half as high after 3 months of storage and about one-third as high after six months.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Potato chips, white	2469	30.4	168.4	222.9	(136)	(690)	(8.6)	(230)	(820)	(500)	(14.5)	50
Potato flour	1619	32.2	3.2	373.2	114	400	18.2	180	1380	480	20.4	102
Pretzels	1675	40.0	14.5	338.2	(54)	(322)	(3.2)	(0)	(50)	(180)	(3.2)	(0)
Prunes, dried, unsulphured, raw	1036	8.9	2.3	274.1	208	328	15.0	7300	380	640	6.6	11
Prunes, canned, strained, 5 oz.	137	1.6	.3	36.0	37	41	2.1	1035	43	71	.9	4
Prune juice, canned	321	1.8	0.	87.6	(114)	(182)	(8.2)	-	(140)	(360)	1.9	(5)
Pumpkin, raw	96	3.8	.6	22.8	66	138	2.5	(10640)	(150)	(240)	(1.8)	26
Pumpkin, canned	151	4.5	1.4	35.9	(91)	(163)	(3.2)	15440	70	280	2.5	-
Rabbit, raw, domesticated[x]	821	94.4	46.3	0.	54	1017	14.1	(0)	350	263	43.1	18
Rabbit, raw, wild[x]	612	95.3	22.7	0.	54	1026	14.5	(0)	350	263	43.1	18
Radishes, raw	45	2.7	.2	9.3	82	69	2.2	70	70	60	.7	54
Raisins, dried, unsulphured	1218	10.4	2.3	323.2	354	586	15.0	230	690	370	2.2	trace
Ralston cereal, Hot and Instant	1562	54.5	7.3	327.9	182	1589	135.8	(0)	6800	608	24.0	(0)
Ralston, Shredded, 12 oz. box	1189	30.9	4.4	273.8	170	1191	10.9	(0)	600	600	16.3	(0)
Raspberries, black, raw	341	6.8	7.3	71.3	182	168	4.1	0	110	(300)	(1.3)	(109)
Raspberries, red, raw	259	5.4	1.8	62.7	182	168	4.1	600	110	(300)	(1.3)	109
Raspberries, frozen	445	3.6	1.4	112.1	127	118	2.7	360	50	(180)	(.9)	73
Rhubarb, raw	50	1.5	.3	11.7	158*	77	1.5	100	30	-	.3	28
Rice, brown, raw	1634	34.0	7.7	352.8	177	1376	9.1	(0)	1430	230	21.0	(0)
Rice, converted, raw	1644	34.5	1.4	360.5	109	617	3.6	(0)	920	150	17.4	(0)
Rice, Milled, white	1644	34.5	1.4	360.5	109	617	3.6	(0)	300	120	7.4	(0)
Rice, precooked, dry	1734	40.0	.9	378.2	18	300	3.9	(0)	90	70	.5	(0)
Rice, wild, parched, raw	1654	64.0	3.2	341.9	86	1539	-	(0)	2020	2870	27.9	(0)
Rice, Krispies, Kellogg's	(1800)	30.4	1.4	399.5	114	517	8.2	(0)	1816	558	31.8	(0)
Rice, puffed, enriched	1782	26.8	2.7	398.2	95	527	8.2	(0)	2090	390	25.0	(0)
Rolls, plain, pan, enriched	1406	40.9	25.0	250.2	250	436	8.0	0	1100	700	10.0	(0)
Rolls, plain, pan, not enriched	1406	40.9	25.0	250.2	250	436	3.2	0	250	490	4.4	(0)
Rolls, sweet, enriched	1466	38.6	35.4	244.3	286	472	8.0	0	1100	700	10.0	(0)
Rolls, sweet, not enriched	1466	38.6	35.4	244.3	286	472	2.7	0	250	600	4.6	(0)
Rusk, Holland	(1868)	63.1	38.8	312.5				(0)				0
Rutabagas, raw	147	4.2	.4	34.4	212	158	1.5	1280	290	300	3.6	140
Rye bread - See Bread												
Rye flour - See Flour												
Rye wafers or Swedish Health Bread	1473	56.3	5.4	341.9	227	1816	20.0	(0)	1450	910	5.7	(0)

[x]Edible flesh. *Calcium may not be available because of presence of oxalic acid.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Salad dressing												
Commercial, mayonnaise type	1743	5.0	167.1	63.1	41	136	1.8	660	70	140	(0)	0
French	1788	2.7	161.2	92.2	(0)	(0)	(0)	(0)	(0)	(0)	(0)	(0)
Mayonnaise	3212	6.8	354.1	13.6	86	272	4.5	950	160	160	(0)	0
Salmon, Pacific, raw	902	70.3	66.7	0.	-	(1168)	(3.6)	1270	410	930	29.0	36
Canned, solids, liquid and bones												
Chinook or King	922	89.4	59.9	0.	699*	1312	4.1	1060	120	640	33.1	(0)
Chum	630	97.6	23.6	0.	1130	1598	3.2	280	110	700	32.2	(0)
Coho or Silver	753	95.8	38.1	0.	1053	1153	4.1	360	120	790	33.7	(0)
Pink or Humpback	651	93.1	28.1	0.	849	1298	3.6	300	150	830	36.2	(0)
Sockeye or Red	785	91.7	43.6	0.	1176	1562	5.4	1060	190	740	33.3	(0)
Sardines, solids and liquid												
Atlantic type, canned in oil	1534	95.8	122.6	4.5	1607	1970	15.9	trace	(60)	(640)	(17.8)	(0)
Pacific type, Pilchards, canned												
Plain, natural pack	909	80.4	61.3	3.2	(1730)	(763)	(18.6)	(120)	(30)	(1380)	(33.6)	(0)
With tomato sauce	983	80.8	67.2	7.7	1730	763	18.6	120	50	1230	24.1	(0)
Sauerkraut, canned solids, liquids	75	5.0	.9	15.4	163	82	(2.3)	150	150	290	.5	74
Sausage, bologna	1005	67.2	72.2	16.3	(41)	(508)	10.0	(0)	800	850	12.2	0
Sausage, frankfurter	1166	64.5	93.1	12.3	36	454	6.8	(0)	790	880	12.5	0
Sausage, liverwurst	1193	75.8	93.5	6.8	41	1081	24.5	26090	760	5070	20.7	(0)
Sausage, pork links or bulk	2044	49.0	203.4	0.	27	454	7.3	(0)	1950	760	10.4	0
Sausage, summer, all types	1756	99.4	147.6	0.	(59)	(1071)	(15.0)	(0)	2088	1634	18.6	0
Sausage, Vienna	978	71.7	74.5	0.	41	772	10.9	(0)	450	550	13.9	0
Scallops, raw, (edible muscle)	355	67.2	.5	15.4	118	944	8.2	0	(180)	440	6.4	-
Shad, raw, whole	367	40.8	21.4	0.	-	567	1.1	-	(340)	520	(18.4)	-
Shad, roe	561	94.9	17.3	0.	104	1094	5.4	9080		454	10.7	23
Sherbet	558	6.8	.2	136.2	227	182	.1	0	80	350	.2	(0)
Shortbread	2289	30.9	110.8	291.9	45	268	1.8	0	160	80	2.1	(0)
Shrimp, canned, solids, liquid	405	84.9	4.1	1.4	268	690	8.2	270	40	140	6.2	(0)
Soups, canned, See pages 45,46,47												
Soybeans, green, fresh, shelled*	554	56.8	29.5	27.2	327	1235	15.9	3270	2540	1590	9.1	159
Soybeans, whole, mature, dried	1503	158.4	82.2	158.0	1031	2660	36.3	490	4860	1400	10.5	trace
Soybean curd	321	31.8	18.6	13.6	454	431	6.8	-	250	230	1.6	(0)
Soybean flour - See Flour												

*Composition varies with country where they are produced.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbohydrate Gm.	Calcium mg.	Phosphorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Soybean milk, not enriched	149	15.4	6.8	9.5	95	213	3.2	-	410	190	1.2	(0)
Soybean sprouts	208	28.1	6.4	24.1	218	304	4.5	790	1030	890	3.9	61
Spaghetti, dry, enriched	1712	58.1	6.4	347.3	100	749	13.0	(0)	4000	1700	27.0	(0)
Spaghetti, dry, not enriched	1712	58.1	6.4	347.3	100	749	6.8	(0)	420	270	9.2	(0)
Spinach, raw, untrimmed	73	8.6	1.1	11.9	301*	205	11.2	35040	410	760	2.2	219
Spinach, raw, trimmed	89	10.4	1.4	14.5	368*	250	13.6	42760	500	930	2.7	267
Canned, solids and liquid	89	10.4	1.8	13.6	408*	150	7.3	30830	90	450	1.5	66
Strained infant food, $4\frac{3}{4}$ oz.	23	2.6	.5	3.5	104*	54	1.9	5670	27	149	.4	9
Spinach, frozen	89	10.4	1.4	14.5	368*	250	13.6	30960	320	770	2.3	173
Squash, summer, raw	71	2.6	.4	17.2	66	66	1.8	1140	240	410	3.4	75
Squash, summer, frozen	74	2.7	.5	17.7	68	68	1.8	1000	180	360	3.2	50
Squash, winter, raw	126	5.0	1.0	29.6	64	94	2.0	16640	150	390	1.6	28
Squash, canned, strained, $4\frac{3}{4}$ oz.	38	1.5	.3	9.0	42	26	.5	2646	27	81	.5	5
Strawberries, raw	160	3.5	2.2	36.2	122	118	3.5	250	130	290	1.3	261
Strawberries, frozen	483	2.7	1.8	120.8	100	100	2.7	180	90	280	.9	186
Sugar, cane or beet, brown, dark	1678	(0.)	(0.)	433.6	345	168	11.8	(0)	(0)	(0)	(0)	(0)
Sugar, cane or beet, white domino, granulated or powdered	1748	(0.)	(0.)	451.7	-	-	-	(0)	(0)	(0)	(0)	(0)
Sugar, corn, unrefined	1583	-	-	(409.0)	-	-	-	(0)	(0)	(0)	(0)	(0)
Sugar, dextrose, anhydrous	1748	(0.)	(0.)	451.7	-	-	-	(0)	(0)	(0)	(0)	(0)
Sugar, dextrose, crystallized	1583	(0.)	(0.)	409.0	-	-	-	(0)	(0)	(0)	(0)	(0)
Sugar, maple	1583	-	-	(409.0)	-	-	-	-	-	-	-	-
Sweet breads, average	834	69.5	59.9	0.	(64)	(2700)	(7.3)	77	(180-680)	(2500)	14.1	200
Sweet breads, calf	507	89.0	14.1	0.								
Sweet potatoes, raw	480	7.0	2.7	108.8	117	191	2.7	30030x	370	200	2.5	86
Sweet potatoes, canned	486	9.1	.5	113.5	114	186	3.6	40180x	240	200	2.2	65
Swordfish, raw	536	87.2	18.2	0.	86	885	4.1	7200	240	220	41.3	-
Syrup or sirup, table blends	1300	(0.)	(0.)	(336.0)	209	73	18.6	0	0	50	.5	(0)
Tampala leaves	167	9.5	.9	38.1		1040	15.4	55992	7264			232
Tangerine, whole	144	2.6	1.0	35.1	(106)	(74)	(1.3)	(1360)	220	(80)	(.8)	99
Tangerine juice, canned	176	4.1	1.4	41.8	86	73	.9	(1920)	(280)	(120)	(1.1)	(118)
Tapioca, dry	1634	2.7	.9	392.3	54	54	(4.5)	(0)	(0)	(0)	(0)	(0)
Tomatoes, raw	81	4.0	1.2	16.0	44	108	2.4	4380	220	170	2.0	93
Tomatoes, canned	86	4.5	.9	17.7	(50)	(123)	(2.7)	4770	250	150	3.2	75

*Calcium may not be available because of presence of oxalic acid.
xVitamin A value of very pale varieties is lower.

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Tomato juice, canned	93	4.5	.9	19.5	(32)	(68)	(1.8)	4770	230	130	3.5	72
Tomato catsup	446	9.1	1.8	111.2	54	82	3.6	(8540)	410	320	10.2	51
Tomato flakes	1544	49.0	15.0	348.2	540	1330	29.5	16880	2960	1970	29.6	518
Tomato puree, canned	165	8.2	2.3	32.7	(50)	(168)	(5.0)	8540	400	320	8.1	126
Tomato soup - See Soups, page 46												
Tongue, beef, medium fat, raw	892	70.7	65.0	1.7	39	806	12.1	(0)	530	1240	21.6	(0)
Tongue, canned	1211	87.6	92.2	1.4	-	-	-	(0)	-	754	10.0	0
Tongue, potted or deviled	1325	84.4	104.4	3.2	-	-	-	(0)	-	-	-	0
Tripe, beef	452	86.7	9.1	0.	-	-	-	(0)	45	694	7.3	0
Trout, brook, raw, whole	223	42.7	4.5	0.	45	490	2.3	5	182	136	7.8	
Tuna, canned, solids and liquid	1318	108.1	94.9	0.	32	1335	5.4	(990)	(190)	(440)	(48.8)	(0)
Turkey, medium fat, dressed, raw	815	61.1	61.4	0.	70	973	11.6	trace	260	430	24.3	(0)
Turnips, raw, white	126	4.3	.8	28.0	158	134	2.0	20	190	260	1.8	113
Turnip greens, raw, trimmed	135	13.2	1.8	24.5	1176	227	10.9	43330	390	2110	3.5	619
Raw, untrimmed	113	11.0	1.5	20.6	987	190	9.1	36370	330	1770	2.9	520
Canned, solids and liquid	80	6.8	1.4	14.5	454	136	7.3	19980	70	410	2.6	89
Veal, raw, carcass or side ex-												
cluding kidney fat												
Thin	547	69.0	28.0	0.	38	704	10.5	(0)	500	920	23.1	0
Medium fat	681	68.6	43.0	0.	39	693	10.4	(0)	500	910	23.0	0
Fat	823	68.1	59.0	0.	40	681	10.3	(0)	500	910	22.8	0
Veal, retail cuts, medium fat												
Breast	823	68.1	59.0	0.	40	681	10.3	(0)	500	910	22.8	0
Chop, loin	677	72.2	40.9	0.	41	776	10.9	(0)	520	950	23.0	0
Chop, rib	731	65.8	49.9	0.	39	671	9.7	(0)	475	875	22.0	0
Cutlet, boned	748	88.5	41.0	0.	50	908	13.2	(0)	640	1180	29.6	0
Loaf, canned	(896)	77.7	57.4	17.1		767	11.4	(0)	-	-	-	-
Round	748	88.5	41.0	0.	50	908	13.2	(0)	640	1180	29.6	0
Shoulder roast	625	70.4	36.0	0.	40	722	10.5	(0)	520	940	23.6	0
Stew meat, without bone	1049	83.1	77.0	0.	50	826	12.3	(0)	610	1100	27.8	0
Veal, canned, strained, 3½ oz.	84	16.0	1.7	0.	14	169	1.6	(0)	30	300	5.5	0
Vinegar, 1 quart bottle	116	0.	-	(48.0)	68	96	4.8	-	-	-	-	-
Walnuts, English, in shells	1335	30.6	131.4	31.8	169	775	4.3	70	980	270	2.4	6
Walnuts, shelled	2972	68.1	292.4	70.8	377	1725	9.5	160	2170	600	5.4	13

Values of Foods for One Pound as Purchased Unless Otherwise Indicated (Continued)

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.
Watercress	84	7.7	1.4	15.0	885	209	9.1	21450	370	710	3.6	350
Watermelons, whole	58	1.0	.4	14.4	15	25	.4	1240	100	110	.4	13
Wheat, whole grain												
Hard red spring	1498	63.6	10.0	313.7	163	1739	14.1	(0)	2590	540	19.5	(0)
Hard red winter	1499	55.8	8.2	325.5	209	1607	15.4	(0)	2350	530	19.5	(0)
Soft red winter	1480	46.3	9.1	327.3	191	1816	15.9	(0)	1950	500	(16.3)	(0)
White	1523	42.7	9.1	342.3	163	1789	13.6	(0)	2410	540	24.1	(0)
Durum	1506	57.7	11.4	318.3	168	1752	19.5	(0)	3000	540	(20.0)	(0)
Wheat flour - See Flour												
Wheat, Flakes, enriched	1613	49.0	7.3	364.1	209	1494	19.1	(0)	2540	790	29.1	(0)
Wheat, germ	1640	114.4	45.4	224.7	381	4976	36.8	(0)	9310	3630	20.9	(0)
Wheat, puffed, enriched	1613	49.0	7.3	364.1	209	1494	19.1	(0)	2540	790	29.1	(0)
Wheat, shredded, plain	1635	45.9	11.4	363.7	213	1634	15.9	(0)	1020	540	20.0	(0)
Wheat, whole, meal, dry	1564	57.7	7.7	341.9	209	1780	15.4	(0)	2500	690	20.0	(0)
White fish, whole, Great Lakes	326	47.7	13.6	0.	63	542	2.3	25	188	(150)	(9.0)	(0)
Yeast, compressed, Baker's	388	(48.1)	1.8	59.0	114	2747	22.2	(0)	2050	9380	128.0	(0)
Yeast, dried, Brewer's	1239	(167.5)	7.3	169.8	481	8594	82.6	(0)	43990	24740	164.3	(0)

(FOR ADDITIONAL DATA) Values of Foods for One Pound as Purchased Unless Otherwise Indicated

Food	Calories	Protein Gm.	Fat Gm.	Carbo-hydrate Gm.	Calcium mg.	Phos-phorus mg.	Iron mg.	VITAMINS				
								A I.U.	Thiamine mcg.	Riboflavin mcg.	Niacin mg.	Ascorbic Acid mg.

FAMILY FOOD PLAN AT MODERATE COST TABLE II

Weekly Quantities of Food for Each Member of the Family

Family members	Leafy, green, yellow vegetables	Citrus fruit, tomatoes	Potatoes, sweet-potatoes	Other vegetables and fruit	Milk 1/	Meat, poultry, fish	Eggs	Dry beans and peas, nuts	Flour, cereals 2/	Fats and oils 3/	Sugar, sirups, preserves
Children under 12 years:	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Qt.	Lb. Oz.	No.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.
9-12 months	1 - 8	1 - 12	0 - 8	1 - 0	6	0 - 4	5	0 - 1	0 - 10	0 - 1	0 - 1
1-3 years	2 - 0	2 - 0	0 - 8	1 - 12	6	4/0 - 12	6	0 - 1	1 - 4	0 - 2	0 - 2
4-6 years	2 - 4	2 - 4	1 - 0	2 - 4	6	1 - 4	7	0 - 1	1 - 8	0 - 6	0 - 8
7-9 years	2 - 8	2 - 8	1 - 12	2 - 8	6½	1 - 12	7	0 - 2	2 - 0	0 - 8	0 - 12
10-12 years	3 - 0	2 - 12	2 - 4	2 - 8	7	2 - 4	7	0 - 2	2 - 12	0 - 12	0 - 14
Girls:											
13-15 years	3 - 8	2 - 12	2 - 8	3 - 8	7	4/2 - 12	7	0 - 2	2 - 12	0 - 14	0 - 14
16-20 years	3 - 8	2 - 12	2 - 8	3 - 8	6	4/2 - 12	7	0 - 2	2 - 8	0 - 12	0 - 14
Boys:											
13-15 years	3 - 8	3 - 0	3 - 8	3 - 8	7	3 - 0	7	0 - 4	4 - 0	1 - 2	1 - 2
16-20 years	4 - 0	3 - 8	4 - 8	3 - 8	7	3 - 4	7	0 - 6	5 - 4	1 - 6	1 - 4
Women:											
Sedentary	3 - 4	2 - 8	1 - 12	3 - 4	5	2 - 8	7	0 - 1	1 - 12	0 - 10	0 - 12
Moderately active	3 - 8	2 - 8	2 - 8	3 - 8	5	2 - 12	7	0 - 2	2 - 8	0 - 14	0 - 14
Very active	3 - 12	3 - 0	3 - 4	4 - 0	5	3 - 0	7	0 - 4	3 - 12	1 - 2	1 - 2
Pregnant	4 - 0	3 - 8	2 - 4	3 - 0	7½	4/3 - 0	7	0 - 2	2 - 4	0 - 10	0 - 10
Nursing	4 - 0	4 - 8	3 - 0	3 - 8	10½	4/3 - 0	7	0 - 2	2 - 8	0 - 12	0 - 12
60 years or over 5/ ..	3 - 8	2 - 12	2 - 0	3 - 0	5½	2 - 8	6	0 - 1	1 - 12	0 - 8	0 - 10
Men:											
Sedentary	3 - 8	2 - 8	2 - 8	3 - 8	5	2 - 12	7	0 - 2	2 - 8	0 - 14	0 - 14
Physically active	3 - 12	3 - 0	3 - 4	4 - 0	5	3 - 0	7	0 - 4	3 - 12	1 - 2	1 - 2
With heavy work	4 - 0	3 - 8	5 - 0	4 - 4	5	3 - 8	7	0 - 6	7 - 0	2 - 0	1 - 4
60 years or over 5/ ...	3 - 8	2 - 12	2 - 12	3 - 0	5½	2 - 12	6	0 - 2	2 - 8	0 - 12	0 - 12

1/ Or its equivalent in cheese, evaporated milk, or dry milk.

2/ Count 1½ pounds of bread as 1 pound of flour. Use as much as possible in the form of whole grain, enriched or restored products.

3/ For small children and pregnant and nursing women, cod liver oil or some other source of vitamin D is also needed. For elderly persons and for persons who have no opportunity for exposure to clear sunshine a small amount of vitamin D is also desirable.

4/ To meet iron allowance, one large or two small servings of liver or other organ meats should be served each week.

5/ The nutritive content of the weekly food quantities for a man and woman 60 years or over were based on the National Research Council's recommended daily allowances for the sedentary man and woman.

Prepared By
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FAMILY FOOD PLAN AT LOW COST TABLE III

Weekly Quantities of Food for Each Member of the Family

Family members	Leafy, green, yellow vegetables	Citrus fruit, tomatoes	Potatoes, sweet-potatoes	Other vegetables and fruit	Milk 1/	Meat, poultry, fish	Eggs	Dry beans and peas, nuts	Flour, cereals 2/	Fats and oils 3/	Sugar, sirups, preserves
Children under 12 years:	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Qt.	Lb. Oz.	No.	Lb. Oz.	Lb. Oz.	Lb. Oz.	Lb. Oz.
9-12 months	1 - 8	1 - 12	0 - 8	1 - 0	6	0 - 4	5	0 - 1	0 - 10	0 - 1	0 - 1
1-3 years	1 - 12	1 - 12	1 - 0	1 - 0	5½	4/ 0 - 8	5	0 - 1	1 - 4	0 - 2	0 - 2
4-6 years	1 - 12	1 - 12	1 - 8	1 - 4	5½	1 - 0	5	0 - 2	1 - 12	0 - 6	0 - 6
7-9 years	2 - 0	2 - 0	2 - 8	1 - 8	5½	1 - 8	5	0 - 4	2 - 4	0 - 8	0 - 10
10-12 years	2 - 4	2 - 4	3 - 0	1 - 12	6	1 - 12	5	0 - 4	3 - 4	0 - 12	0 - 12
Girls:											
13-15 years	2 - 4	2 - 4	3 - 4	1 - 12	6½	4/ 2 - 0	5	0 - 4	3 - 8	0 - 12	0 - 12
16-20 years	2 - 4	2 - 4	3 - 0	1 - 12	5	4/ 2 - 0	5	0 - 4	3 - 4	0 - 12	0 - 10
Boys:											
13-15 years	2 - 8	2 - 8	4 - 0	2 - 4	6½	2 - 0	5	0 - 8	4 - 8	1 - 0	0 - 14
16-20 years	2 - 12	2 - 8	5 - 0	2 - 8	6½	2 - 0	5	0 - 8	5 - 12	1 - 6	1 - 0
Women:											
Sedentary	2 - 4	2 - 0	2 - 4	1 - 12	5	2 - 0	5	0 - 4	2 - 0	0 - 10	0 - 10
Moderately active	2 - 4	2 - 0	3 - 0	1 - 12	5	2 - 0	5	0 - 4	3 - 4	0 - 12	0 - 12
Very active	2 - 8	2 - 8	4 - 0	2 - 0	5	2 - 0	5	0 - 6	4 - 4	1 - 0	1 - 0
Pregnant	3 - 0	2 - 8	2 - 8	2 - 0	7½	4/ 2 - 4	7	0 - 4	2 - 12	0 - 8	0 - 8
Nursing	3 - 8	3 - 12	4 - 0	2 - 4	10½	4/ 2 - 8	7	0 - 4	3 - 0	0 - 10	0 - 8
60 years or over 5/ ..	2 - 8	2 - 4	2 - 8	1 - 12	5	2 - 0	4	0 - 2	2 - 4	0 - 8	0 - 8
Men:											
Sedentary	2 - 4	2 - 0	3 - 0	1 - 12	5	2 - 0	5	0 - 4	3 - 4	0 - 12	0 - 12
Physically active	2 - 8	2 - 8	4 - 0	2 - 0	5	2 - 0	5	0 - 6	4 - 4	1 - 0	1 - 0
With heavy work	2 - 8	2 - 8	6 - 0	2 - 8	5	2 - 0	5	0 - 10	7 - 12	1 - 14	1 - 0
60 years or over 5/ ..	2 - 8	2 - 4	3 - 4	1 - 12	5	2 - 0	4	0 - 2	3 - 4	0 - 10	0 - 10

1/ Or its equivalent in cheese, evaporated milk, or dry milk.

2/ Count 1½ pounds of bread as 1 pound of flour. Use as much as possible in the form of whole grain, enriched or restored products.

3/ For small children and pregnant and nursing women, cod liver oil or some other source of vitamin D is also needed. For elderly persons and for persons who have no opportunity for exposure to clear sunshine, a small amount of vitamin D is also desirable.

4/ To meet iron allowance, one large or two small servings of liver or other organ meats should be served each week.

5/ The nutritive content of the weekly food quantities for a man and woman 60 years or over were based on the National Research Council's recommended daily allowances for the sedentary man and woman.

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SODIUM AND POTASSIUM CONTENT OF FOODS* TABLE IV

(Analyses made on edible portions of unprocessed foods unless otherwise indicated)

Food	Sodium mg/100 gm	Potassium mg/100 gm
All-Bran cereal	1400	1200
Almond, raw	3	690
Roasted in oil, salted	160	710
Anchovy paste	9800	200
Apples		
Juice (sweet cider), bottled	4	100
June, no skin or core	0.1	71
Mackintosh, no skin or core	0.2	90
Delicious, no skin or core	0.3	76
Sauce, canned	0.3	55
Apricot, canned in sirup	2	65
Apricot, dried	11	1700
Apricot, raw, with skin	0.6	440
Artichoke, globe	43	430
Asparagus spears, canned	410	130
Asparagus tips, fresh	2	240
Asparagus tips, frozen	3	320
Avocado	3	340
Bacon, fried crisp	2400	390
Bacon, raw	680	110
Baking powder		
Alum type	10000	150
Phosphate type	9000	170
Tartrate type	7300	5000
Banana	0.5	420
Barley, pearled	3	160
Beans, baked, canned, Heinz		
With pork and tomato sauce	480	210
With tomato sauce	400	140
Beans, dry, navy	1	1300
Beans, green snap, canned	410	120
Beans, green snap, fresh	0.9	300
Beans, green snap, frozen	2	110
Beans, Lima, canned	310	210
Beans, Lima, fresh	1	680
Beans, Lima, frozen	310	580
Beef, corned	1300	60
Beef, dried	4300	200
Beef, lean, koshered, raw	1600	290
Beef, lean, raw	51	360
Beer	8	46
Beets, canned	36	120
Beet greens, fresh	130	570
Beets, raw	110	350
Blackberry	0.2	150
Blueberry	0.6	89
Bouillon	24000	100
Brain, pig	150	340
Bran, wheat, crude	15	980
Brandy	3	4
Brazil nuts, raw	1	670
Roasted in oil, salted	190	730
Bread		
Boston brown with raisins	280	360
Low-sodium--4 laboratory samples	3	94
Low-sodium cinnamon roll	2	120
Low-sodium--14 commercial "salt-free" breads:		
Maximum	76	200
Minimum	4	72
Average	28	120
Passover--See matzoth		
Rye and wheat	590	160
White, enriched	640	180
Whole wheat	930	230
Whole wheat and white	620	250
Breakfast cereal--See Cereal		
Broccoli, fresh	16	400
Broccoli, frozen	13	250
Brussels sprouts, fresh	11	450
Brussels sprouts, frozen	9	300
Butter		
Theoretical sodium value based on U.S. average salt content of 2.5%	980	
4 Indiana samples	880	23
Unsalted	5	4
Buttermilk, cultured	130	140
Cabbage	5	230
Candy		
Bar, Baby Ruth	170	300
Bar, Milky Way	220	150
Bar, Oh Henry	76	420
Gum drop	41	18
Marshmallow	41	6
Milk chocolate	86	420
Necco Wafers	5	2
Peppermint Patty, Schrafft's	10	110
Sweet chocolate	35	230
Cantaloupe	12	230
Caraway seed	17	1400
Carrots, canned	280	110
Carrots, scraped and trimmed	31	410
Casein, acid-washed	0.4	2
Casein, low-ash commercial	13	39
Casein, vitamin-free	160	900
Cashew nuts, raw	14	560
Roasted in oil, salted	200	560
Catchup, tomato	1300	800
Catfish (fiddler), Ohio River	60	330
Cauliflower buds	24	400
Frozen	22	290
Caviar, salmon, canned	2200	180
Celery salt	28000	380
Celery seed	140	1400
Celery stalks, no leaves	110	300
Cereals, dry		
Bran--(All-Bran)	1400	1200
Bran, crude, unsalted	15	980
Cornflakes	660	160
Cream of Wheat, plain	2	86
Quick-cooking, enriched	90	84
Grape-Nuts	660	230
Pabena	640	340
Pablum	620	380
Rolled oats	2	340
Ry-Krisp	1500	600
Wheat flakes	1300	320
Wheat germ, (Zing)	9	780
Wheat, Instant Ralston	1	360
Wheat, Maltex	4	250
Wheat, Muffets	4	300
Wheat, Pettijohn's	2	380
Wheat, puffed	4	340
Wheat, shredded	2	330
Wheat, Wheatena	2	380
Certo (pectin solution)	15	110
Chard, large leaves	210	720
Chard, small leaves	84	380
Cheese		
American Swiss	710	100
Cheddar	700	92
Cottage	290	72
Cream, Philadelphia	250	74
Processed	1500	80
Whey, Velveeta	1600	270
Cherries, sour, frozen in syrup	2	78
Cherries, sweet, dark, raw	1	260
Canned in syrup	0.8	77
Frozen in syrup	1	280
Cherries, light, canned, syrup	3	55
Chestnut	2	410
Chicken, raw, breast meat	78	320

*Bills, C. E.; McDonald, F. G.; Niedermeier, W.; and Schwartz, M. C.: SODIUM AND POTASSIUM IN FOODS AND WATERS. DETERMINATION BY THE FLAME PHOTOMETER, J. Am. Dietet. A., 25: 304, 1949.

SODIUM AND POTASSIUM CONTENT OF FOODS TABLE IV--Continued

(Analyses made on edible portions of unprocessed foods unless otherwise indicated)

Food	Sodium mg/100 gm	Potassium mg/100 gm
Chicken, raw, leg meat	110	250
Chocolate--See Candy		
Chocolate syrup, Hershey	60	130
Chocolate, unsweetened	4	830
Cider, sweet, bottled	4	100
Cinnamon	8	200
Citron, candied	290	120
Clams	180	240
Cloves	210	1000
Coca-Cola	1	52
Cocoa, Dutch process	57	3200
Cocoa, plain, Hershey	5	1400
Coconut, dry, shredded	16	770
Coconut meat	29	320
Coconut milk	53	190
Cod, raw	60	360
Cod, frozen fillets	400	400
Cod liver oil	0.1	0
Cod, salted, dried	8100	160
Coffee, Instant, Nescafé, dry	84	3100
Coffee, roasted, Sanka, dry	6	2000
Coffee, roasted, regular, dry	2	1600
Cookie, salt free Betty Bakerite	12	240
Corn flakes	660	160
Corn meal, yellow, enriched degerminated	0.7	120
Corn oil	0.2	0.1
Corn, popped and oiled	3	240
Corn, popped, oiled, salted	2000	240
Cornstarch	4	4
Corn, sweet, white, canned	200	200
Corn, fresh, milk stage	0.3	240
Corn, yellow, canned	210	200
Corn, yellow, frozen	9	190
Corn, yellow, fresh, milk stage	0.4	370
Corn, yellow field, dry- 5 varieties	0.6	290
Cow peas, fresh, shelled	2	560
Crab, canned	1000	110
Crackers, Graham	710	330
Crackers, Ry-Krisp	1500	600
Crackers, soda	1100	120
Crackers, unsalted, Jewish- See Matzoth		
Cranberry, raw	1	65
Cranberry sauce, canned	1	17
Cream of tartar-theoretical value for pure $KHC_4H_4O_6$	0	20776
Cream, whipping, 32% fat	40	56
Crisco (vegetable shortening)	4	0
Cucumber, less parings	0.9	230
Currants, red	2	160
Currants, Zante, dried	22	730
Curry powder	45	1300
Dandelion greens	76	430
Dates, semi dry, California	1	790
Dextri Maltose, No. 1	840	160
No. 2	46	160
No. 3	46	1300
B	52	360
Dextrin	14	14
Dextrose	1	0.4
Dill seed	13	1000
Duck, domesticated, raw		
Breast meat	68	360
Leg meat	96	210
Eggs, whites only	110	100
Eggs, whole	81	100
Eggs, yolks only	26	100
Eggplant, less skin	0.9	190
Endive greens	18	400
Farina		
Cream of Wheat, plain, dry	2	86
Quick-cooking, enriched, dry	90	84
Figs, canned in syrup	1	105
Figs, dried	34	780
Figs, raw	2	190
Filberts or hazelnuts	1	560
Flour		
Bleached, enriched		
Gold Medal	1	86
Phosphated	13	78
Buckwheat	1	680
Gluten	2	24
Rye, dark	1	860
Self-rising	1500	90
Untreated, high-extraction	1	120
Whole wheat, (Graham)	2	290
Fruit cocktail, canned		
In syrup	9	160
Garlic, less skin	6	510
Gelatin		
Dessert, flavored, Jell-O	330	210
Plain	36	22
Gin	0.7	0.3
Ginger	29	1100
Ginger ale	8	0.6
Gizzard, turkey	58	170
Gluten flour	2	24
Goose, raw, breast meat	76	420
Goose, raw, leg meat	96	420
Gooseberry, frozen	2	150
Gooseberry, raw	0.7	87
Grapes		
Concord, no seeds or skin	3	84
Emperor, no seeds or skin	4	180
Jam	7	78
Juice, Concord, sweetened	1	120
Thompson seedless, with skin	4	180
Tokay, no seeds, with skin	0.7	160
Grapefruit		
Fresh	0.5	200
Juice, sweetened, canned	0.4	150
Sections, sweetened, frozen	5	60
Grape-Nuts cereal	660	230
Gravy flavoring, Kitchen Bouquet	86	280
Gum, chewing, Spearmint	22	27
Halibut, raw	56	540
Halibut steak, frozen	460	500
Ham, raw	1100	340
Hash, corned beef, canned	540	200
Hazelnuts	1	560
Heart, beef	90	160
Heart, turkey	69	240
Hominy, canned	250	22
Honey	7	10
Horse-radish, prepared	96	290
Ice cream	100	90
Jam, grape	7	78
Kale, leaves and midribs	110	410
Kidney, beef	210	310
Kumquat, pulp and rind, no seeds	7	230
Lactalbumin	47	69
Lactose, U. S. P.	2	0
Lamb chop, lean, raw	98	340
Lamb leg, lean, raw	78	380
Lard	0.3	0.2
Lemon-lime soda	7	33
Lemon peel, candied	50	12
Lemon peel, fresh	9	360
Lemons, pulp and juice	0.7	130
Lentils, dried	3	1200
Lettuce, head	12	140
Lettuce, leaf	7	230
Lime, pulp and juice	1	100
Litchi nuts, dried	3	1100
Liver, raw		
Calf	110	380
Goose	140	230
Pig	77	350
Turkey	51	160
Lobster, boiled in tap water	210	180
Lonalac, dry	13	1300

SODIUM AND POTASSIUM CONTENT OF FOODS TABLE IV--Continued

(Analyses made on edible portions of unprocessed foods unless otherwise indicated)

Food	Sodium mg/100 gm	Potassium mg/100 gm
Macaroni, plain, dry	1	160
Mace	45	180
Maize--See corn		
Maltex cereal, dry	4	250
Maple syrup	14	130
Marmalade, orange	13	19
Matzoth		
American style (salted)	470	120
Egg	16	160
Farfel (dough balls)	28	130
Meal	4	130
Passover (Passover bread)	1	140
Plain	1	160
Poppy seed	350	110
Thin tea	2	130
Whole wheat	280	420
Mayonnaise	590	25
Meat extract, flavored	11000	6000
Milk		
Cow's		
Buttermilk, cultured	130	140
Condensed, sweetened	140	340
Evaporated	100	270
Fat	0.4	0.3
Skim	52	150
Whole, dry	410	1100
Whole, liquid	50	140
Goat's	34	180
Human--From 10 mothers 3 to 10 days postpartum	37	68
From 4 mothers, 49-77 days postpartum	11	51
Low sodium (Lonalac)	13	1300
Malted, dry	440	720
Molasses, cane	80	1500
Muffet cereal	4	300
Mulberries	0.7	200
Mushrooms, canned	400	150
Mushrooms, raw	5	520
Mustard greens	48	450
Mustard powder	3	840
Mustard, prepared paste	1300	130
Nectarine, no skin	2	320
Nutmeg	14	160
Oats, rolled (oatmeal), dry	2	340
Okra, fresh	1	220
Oleomargarine	1100	58
Olives, green, pickled	2400	55
Olive oil	0.2	0.2
Olives, ripe, pickled	980	23
Olives, stuffed, pickled	2800	55
Onions, no tops or dry skins	1	130
Orange Crush	2	100
Oranges		
Juice, unsweetened, canned	0.5	190
Pulp and juice	0.3	170
Oranges, Temple, pulp and juice	3	220
Oysters, raw	73	110
Pabena cereal, dry	640	340
Pablum cereal, dry	620	380
Pancreas, pig, raw	57	240
Paprika	82	2300
Parsley, fresh	28	880
Parsnip, scraped, trimmed, fresh	7	740
Peaches		
Canned in syrup	5	31
Dried	12	1100
Frozen in syrup	3	120
Raw, no skin	0.5	160
Peanut Butter	120	820
Peanut oil	0.2	0.1
Peanuts, raw with skin	2	720
Roasted, dry, with skin	2	740
Roasted, in oil, salted with skin	460	700
Pears, Bartlett		
Canned in syrup	8	52
Raw, no skin or core	2	100
Peas		
Canned, less liquor	270	96
Dry, split	42	880
Fresh	1	370
Frozen	100	160
Pecan, raw	0.3	420
Pepper (spice)		
Black	16	880
Red	46	2400
White	5	48
Peppermint extract	0.3	5
Peppers, green, empty pods	0.6	170
Pepsi-Cola	15	3
Persimmons, wild	0.6	310
Pettijohn's cereal, dry	2	380
Pickle, dill	1400	200
Pineapple		
Canned in syrup	1	120
Frozen in syrup	1	38
Juice, unsweetened, canned	0.5	140
Raw	0.3	210
Plums, canned in syrup	18	110
Plums, raw	0.6	170
Polyvitamin dispersion, Mead's, dry	6	10
Pomegranate, pulp and juice	0.3	200
Popcorn, popped and oiled	3	240
Salted	2000	240
Pork, lean, raw	58	260
Pork, salt	1800	27
Postum, beverage, dry	36	1300
Postum, Instant, dry	71	2200
Potato chips	340	880
Potatoes, sweet, canned	48	200
Potatoes, sweet, raw, no skin	4	530
Potatoes, white, canned	350	240
Potatoes, white, raw, no skin	0.8	410
Poultry seasoning	26	840
Pretzel	1700	130
Protenum, dry	360	1100
Prunes		
Canned in syrup	3	220
Dried	6	600
Juice, unsweetened, bottled	2	260
Raw, with skin	0.7	210
Pumpkin, canned	2	240
Pumpkin, raw, less rind and seeds	0.6	480
Quail, raw, breast meat	35	160
Quail, raw, leg meat	44	190
Quince, no seed or core, raw	0.7	290
Rabbit, domesticated, raw		
Foreleg	47	370
Loin	34	400
Radish, with skin	9	260
Raisin, Seedless	21	720
Raisin, Zante	22	730
Ralston cereal, Instant, dry	1	360
Raspberries		
Black	0.3	190
Oriental (wineberry)	0.9	170
Red	0.5	130
Rennet tablets (Junket)	38000	36
Rhubarb, frozen in syrup	2	160
Rhubarb, raw	1	70
Rice, dry, brown	9	150
Rice Flakes	720	180
Rice, polished and coated	2	130
Rice, puffed	0.9	100
Rice, vitaminized	4	170
Rice, wild (Zizania)	7	220
Root beer	8	0.5
Royal Crown Cola	5	2
Rum	2	3
Rutabaga, no skin or tops, raw	5	260
Ry-Krisp	1500	600
Sage	20	670
Salmon, canned	540	300
Salmon, raw	48	410

SODIUM AND POTASSIUM CONTENT OF FOODS TABLE IV--Continued

(Analyses made on edible portions of unprocessed foods unless otherwise indicated)

Food	Sodium mg/100 gm	Potassium mg/100 gm
Salt--theoretical value for pure NaCl	39342	0
Sardines		
Herring, canned in oil	510	560
Sardines--Pilchard		
Canned in natural sauce	760	260
Canned in tomato sauce	400	320
Sauerkraut, canned	630	140
Sausage		
Bologna	1300	230
Frankfurt	1100	220
Pork	740	140
Scallops, frozen	150	420
Shortening, vegetable, Crisco	4	0
Shortening, vegetable, Spry	0.4	0.2
Shrimp, raw	140	220
Sirup		
Chocolate, Hershey	60	130
Maple	14	130
Sorghum	21	600
Table, corn-and-cane, Karo Crystal White	68	4
Soda, baking--theoretical value for pure $NaHCO_3$	27373	0
Soft drinks--carbonated water		
Canada Dry	18	0.6
Made with Sparklet carbon dioxide capsule and distilled water	0	0
White Rock	1	0.6
Coca-Cola	1	52
Ginger ale	8	0.6
Lemon-lime soda	7	33
Orange Crush	2	100
Pepsi-Cola	15	3
Royal Crown Cola	5	2
Root beer	8	0.5
Sorghum syrup	21	600
Soups		
Beef, canned, diluted as served	410	100
Tomato, canned, " " "	380	110
Vegetable, canned " " "	380	120
Soybeans, dry	4	1900
Soybean flour, solvent-extracted	1	1700
Spaghetti	1	160
Spinach		
Canned	320	260
Frozen	60	380
Raw	82	780
Spry (vegetable shortening)	0.4	0.2
Squash, raw		
Acorn, less rind and seeds	0.4	260
Hubbard, less rind and seeds	0.3	240
White summer, less rind, with seeds	0.2	150
Yellow summer, less rind with seeds	0.6	200
Squash, cooked, frozen	6	120
Starch, corn	4	4
Strawberries, frozen, sweetened	2	180
Strawberries, raw	0.8	180
Sugar, light brown	24	230
Sugar, white	0.3	0.5
Sweet breads--See pancreas, thymus		
Tangerines		
Juice, sweetened, canned	0.6	170
Pulp and juice	2	110
Tapioca, dry	5	19
Tea, India-Ceylon-Java blend, dry	4	1800
Thyme	38	500
Thymus, beef, raw	96	360
Tobacco, chewing, Spark Plug	1600	1800
Tomatoes		
Canned	18	130
Catchup	1300	800
Juice, canned	230	230
Raw, with skin	3	230
Tongue, beef, raw	100	260
Tripe, pickled	46	19
Tuna, canned	800	240
Turkey, raw, breast meat	40	320
Turkey, raw, leg meat	92	310
Turmeric	22	2700
Turnips, raw		
Leaves	10	440
White, less skin and tops	37	230
Yellow, less skin and tops	5	260
Vanilla extract	1	74
Veal, lean, raw	48	330
Vinegar, cider	1	100
Vinegar, distilled	0.6	15
Walnuts, raw		
Black	3	460
English	2	450
Water, carbonated-- See Soft Drinks		
Watermelon, pink part of fruit	0.3	110
Wheat		
Beeswing (outermost coats)	4	360
Bran, crude	15	980
Flakes, cereal	1300	320
Germ, crude	2	780
Germ, malt flavored, Zing	9	780
Gluten	2	24
Puffed	4	340
Scourings (dirt and fragments)	8	470
Shredded	2	330
Winter, scoured--4 samples	2	370
Wheatena cereal, dry	2	380
Whiskey		
Blended	0.3	1
Bonded	0.1	0.6
Wild Rice (Zizania), dry	7	220
Wine		
Port	4	75
Sauterne	10	87
Wineberry (Oriental raspberry)	0.9	170
Worcestershire sauce	2100	480
Yeast		
Compressed	4	360
Debittered brewers' dry	150	1700
Primary cultured, dry--19 samples		
Maximum	320	2200
Minimum	9	1700
Average	115	1860
Zwieback	250	150

CHOLESTEROL CONTENT OF FOODS

TABLE V

It is generally recognized that the cholesterol levels in the blood and in the tissues seem to have little relationship to the cholesterol content in the food intake. However, patients with gallbladder disease and with atheroschlerosis are often advised to reduce the intake of foods known to be high in cholesterol. The literature has relatively little information on the cholesterol content of food. Most of the articles refer to a report by Ruth Okey entitled CHOLESTEROL CONTENT OF FOOD and printed in the Journal of the American Dietetic Association 21, 341, 1945. The material in that article and in more recent books on Clinical Nutrition and Diet in Health and Disease has been summarized in the information given below.

FOODS HIGHEST IN CHOLESTEROL arranged in decreasing values	FOODS HIGH IN CHOLESTEROL arranged in decreasing values
Brains	American cheese
Egg yolk	Velveeta cheese
Whole egg	American processed cheese
Beef kidney	Swiss processed cheese
Lamb liver	Pimento cream cheese processed
Pork liver	Limburger cheese processed
Calf liver	Shrimp
Beef liver	Tripe
Oysters	Crab
Sweetbreads	Veal shank
Butter	Beef round, medium fat
Lard	Pigeon
Suet, Bacon, Fat Meat	Veal breast
Heart Muscle	Beef round, lean
of beef and other mammals, poultry and game	Pork spareribs

FOODS LOWEST IN CHOLESTEROL

Practically all vegetables--prepared without butter, cream, lard or suet. Unless fat is very restricted in the diet vegetable oils, margarine, mayonnaise and Crisco may be used.

All fruits

Breads and cereals

Skim milk, buttermilk and cottage cheese

Sugar, sirup, jelly, jam, marmalade

Lean meat and fish

PURINE CONTENT OF COMMON FOODS

TABLE VI

Restriction of foods known to be high in purines is generally recommended to patients suffering from gout. For convenient reference by physicians, dietitians and patients foods have been arranged into groups based on the amount of purine bodies in foods per 100 grams.

FOODS HIGHEST IN PURINES

150 to 1000 mg.
In 100 grams

Sweet breads	825 mg.
Anchovies	363 mg.
Sardines (in oil)	295 mg.
Liver, (calf, beef)	233 mg.
Kidneys (beef)	200 mg.
Meat extracts	160-400 mg.
Gravies	variable

FOODS HIGH IN PURINES

75 to 100 mg.
In 100 grams

Bacon	Goose	Pork
Beef	Halibut	Rabbit
Calf tongue	Lentils	Sheep
Carp	Liver sausage	Shellfish
Chicken soup	Meat soups	Trout
Cod fish	Perch	Turkey
Duck	Pike	Veal

FOODS MODERATELY HIGH IN PURINE

Up to 75 mg.
In 100 grams

Asparagus	Mushrooms
Bluefish	Mutton
Bouillon	Navy beans
Cauliflower	Oatmeal
Chicken	Oysters
Crab	Peas
Eel	Salmon
Finnan haddie	Shad
Ham	Spinach
Herring	Tripe
Kidney beans	Tuna fish
Lima beans	White fish
Lobster	

All whole-grain bread and breadstuffs, and all whole-grain cereals, including wheat germ and bran.

FOODS WHICH CONTAIN LITTLE PURINE

Beverages, carbonated, chocolate, cocoa, coffee, fruit juices, postum, tea
Breads, white bread and crackers, cornbread
Cereals and cereal products
corn, macaroni, noodles, rice, tapioca, refined wheat
Cheese of all kinds
Eggs
Fats of all kinds
Fruits of all kinds
Gelatin
Milk in all forms
Nuts of all kinds
Pies except mince meat
Shad roe
Sugar and sweets
Vegetables of all kinds except those mentioned in the moderately high column.
Vegetable and cream soups
Vitamin concentrates

The data on purine content of foods are summarized from an article in the Journal of the American Medical Association 116: 453, 1941 by Philip S. Hench. (Dr. Hench is one of the 1950 recipients of the Nobel prize in medicine for his research work on the treatment of rheumatoid arthritis at the Mayo Clinic).

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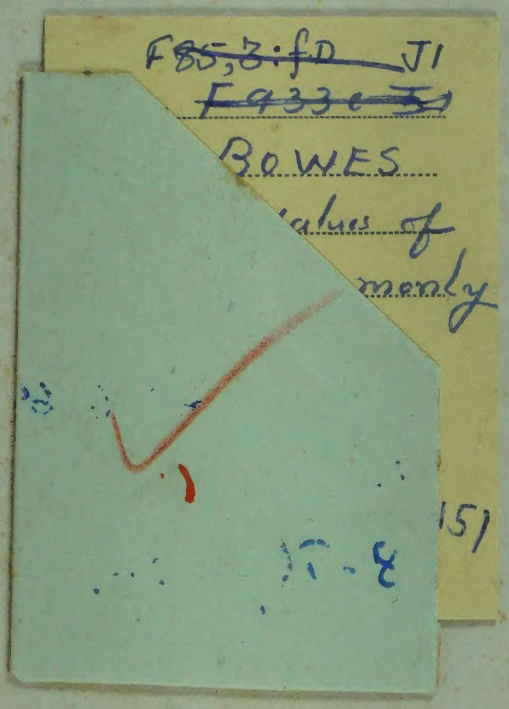
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